

Toppers  
tops  
for  
fall

**Renee  
says  
too  
skinny  
for love**

## Court quashes 12 convictions over faulty evidence

The Nova Scotia Court of Appeal quashed 12 convictions because the RCMP officer fabricated the evidence.

In the decision released yesterday, the court said Daniel Ryan who was convicted of dealing drugs in 2004, made up or provided unreliable information to secure search warrants.

**"We would grant the appellants' requests to withdraw their guilty pleas..."**

Justice decision

"We would grant the appellants' requests to withdraw their guilty pleas, quash all convictions and consequent orders. As well, we would direct a stay of all further proceedings," wrote the Justices in the decision.

Twelve of his cases were quashed, even though the individuals pleaded guilty and the sentences were served.

JENNIFER TAPLIN/METRO NEWS

## United Way has \$5M 2008 goal

Hope you're feeling generous. The United Way launched its 2008 campaign yesterday, and it's trying to raise over \$5.8 million in Halifax Regional Municipality.

There are 55 agencies who get United Way money. Those agencies do everything from helping immigrants find homes and jobs, treating addictions and eating disorders and funding homeless shelters.

Last year, the United Way raised \$5.77 million.

METRO HALIFAX



RON JARVIN/METRO HALIFAX



RON JARVIN/METRO HALIFAX

Green Party Leader Elizabeth May and Defence Minister Peter MacKay are in a race for the Central Nova riding seat.

# May or MacKay?

Polls say MacKay, but Greens confident May can win

DEVIN STEVENS  
for Metro Halifax



## Election 2008

**Defence Minister Peter MacKay is far ahead of Green Party leader Elizabeth May in the Central Nova riding, according to a Metro Halifax/CTV poll.**

"At this point, just a few days from the election, it certainly looks positive for Peter MacKay," said Craig Wight, vice-president of research for Bristol Omnifacts Research, which conducted the poll.

MacKay has 39 per cent support. The battle for sec-

ond place is tight, with May at 22 per cent and NDP candidate Louise Lorefice just behind at 19.

With a five per cent margin of error, that's not much.

"They really are splitting the more left side of the vote," Wight said. "They're really almost equal."

Nineteen per cent of voters are undecided. Five per cent said they will vote Liberal, but the Greens don't have a candidate in the riding.

The Green Party's director of communications,

John Bennett, said the party doesn't comment on polls.

"We're going to win the riding," he said. "Elizabeth May is going to be elected as Member of Parliament for Central Nova."

Bennett said the party has conducted its own polls and the numbers are different. He wouldn't say what those numbers were.

MacKay's spokeswoman also declined to comment, saying only the poll looked interesting.

Wight said you'd typically see a party leader with more support, but it's a bit unusual to see a leader up against a high-profile cabi-

## Statistics

- Four hundred and three Central Nova residents were surveyed Oct. 6 and 7.
- The poll's margin of error is +/- five per cent, 19 times out of 20.

net minister like MacKay.

While more than 20 per cent of respondents said they would vote for May, only 11 per cent said she would be their choice for prime minister. Wight said she may be taking up the "Conscience of Parliament" role the NDP held not so long ago.

## SAMPLE METRO/CTV POLL QUESTIONS

Considering the local candidates for the next federal election, who are you most likely to vote for in the Canadian federal election Oct. 14?

Peter MacKay, Conservative

Total Male	Female
39%	44%

Elizabeth May, Green

Total Male	Female
22%	25%

Louise Lorefice, NDP

Total Male	Female
19%	16%

Undecided

Total Male	Female
13%	11%

Refused

Total Male	Female
6%	4%

None of the above

Total Male	Female
0%	1%

Who would make the best prime minister?

Stephen Harper, Tory

Total Male	Female
30%	34%

Stéphane Dion, Liberal

Total Male	Female
9%	9%

Jack Layton, NDP

Total Male	Female
28%	26%

Elizabeth May, Green

Total Male	Female
11%	11%

Gilles Duceppe, Bloc

Total Male	Female
2%	4%

Undecided

Total Male	Female
10%	6%

ALL TOTALS

Total Male	Female
403	180

METRO HALIFAX

## Sports pg 12

Coach says fear  
Moosehead  
defence



## Election pg 9

• Race turned upside down in final week of campaign

## Food pg 13

Give thanks  
for dessert



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Yarmouth Mall

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#### Clareville

Random Square Shopping Mall

#### Corner Brook

Corner Brook Plaza

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#### Fredericton

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#### Miramichi

Bridgeview Plaza

#### Moncton/Dieppe/Riverview

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Wheeler Park Power Centre  
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535 Coverdale Rd.  
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# Helping natives use their skills

The province held several workshops with local Mi'kmaq natives yesterday to figure out how to find them better job opportunities. Labour and Workforce Development Minister Mark Parent said aboriginal Nova Scotians' skills are underused. **METRO HALIFAX**

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# Local



## Hit the curb early

Get your garbage out early. City garbage, recycling and compost pickup normally done on Monday will be rescheduled to Saturday, Oct. 11 because of the Thanksgiving holiday. For more information, call 490-4000, or visit [www.halifax.ca/wrms](http://www.halifax.ca/wrms). **METRO HALIFAX**

# Students eyeing vote

Young people paying attention to how leaders behave

DEVIN STEVENS  
for Metro Halifax

**Members of C.P. Allen High School student council have a message for politicians who want the support of young people.**

"Kids our age aren't stupid, we can tell when someone is being fake, and when someone actually cares about what they're saying and what they want to get done," said Katie Whitlock, a Grade 12 rep.

"Even though we're young we still understand," adds Bhreagh MacDonald, co-editor of the school newspaper.

"We can understand more than someone attacking someone else. That's not the only thing that's going to get our vote."

Contrary to popular belief, these kids are paying attention. MacDonald and Whitlock, along with Grade 12 rep, Dan Campbell, all watched the televised leaders' debate.

The general consensus: Stéphane Dion and



C.P. Allen student Bhreagh MacDonald talks with Metro yesterday about the upcoming federal election.

Stephen Harper came off as immature, constantly hurling insults at each

other. The Green Party's Elizabeth May did well, articulating her points.

## Election 2008

"The Liberals and the Conservatives kind of aren't appealing to a lot of young people because of all their adolescent things," Campbell said.

"Maybe they're trying to appeal to us with their immature babbling, but their commercials don't have anything to do with politics."

They say about half of the school's students are paying attention to the election, while the other half don't really care. MacDonald says part of the problem is media coverage. Too often it's assumed people know the history of the U.S. economic crisis, or the last 20 years of Canadian politics.

When students don't know why something is happening, or how it became that way, they find it dry and dull. The TV gets turned off.

"That doesn't allow new people, like us, to really understand," MacDonald said.

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# Youth absorbing news in new ways

DEVIN STEVENS  
for Metro Halifax

**MEDIA** Students at C.P. Allen High School say they know a lot about politics — they just

get their information from different places than their parents.

"I don't go to my room and watch Mike Duffy, but my parents watch it and we talk about it," said 16-year-old Bhreagh MacDonald.

Some classes require students read newspapers. Comedy shows with a political bent — Saturday Night Live, The Daily Show, and The Colbert Report — plant seeds of interest.

"A lot of it is just making fun of people, but then you want to understand the jokes," said Katie

Whitlock, 17.

"Then you go out and actually learn about it."

Then there's celebrity culture. Everyone from Bruce Springsteen to P. Diddy and Sarah Silverman

have been trying to get young people out to vote.

"That's why Obama is so popular with young people," MacDonald said. "He's almost

a celebrity."

Canadian politicians are courting youth as well. Stephen Harper has more than 16,000 supporters on his Facebook page, while Liberal leader Stéphane Dion was scheduled to be on MuchMusic yesterday.

"Honestly, I'll probably watch that," MacDonald said. She also likes the channel's one-minute summaries of political leaders.

# Candidates offer solutions to green issues

LINDSAY JONES  
[lindsay.jones@metronews.ca](mailto:lindsay.jones@metronews.ca)

**VIEWPOINTS** In the fourth round of public debates, Halifax's three mayoral candidates were grilled on green issues yesterday at Dalhousie University.

The following is a sampling of some of their views.

**On the rationale behind the city's controversial Chebucto Road-widening project:**

**Mayor Peter Kelly:** Council endorsed it as part of a larger plan to expand corridors onto the peninsula. "It is to help alleviate congestion on the roundabout," he said. "It has worked."

**Coun. Sheila Fougere:** The project achieved nothing. "We have not neces-



David Boyd

sarily improved the capacity to move people through that pinch point," she said. "I think it was a huge waste of money."

**To make the city friendlier to cyclists:**

**David Boyd:** Some streets in the downtown core should be closed to make



Sheila Fougere

way for taxis and cyclists. **Kelly:** More bike lanes and a policy that requires they be painted when roads are repaved.

**Fougere:** Work to make changes at intersections to allow cyclists to transition from bike lanes. She said the city should subsidize a national bike training program for those insecure



Peter Kelly

about cycling on the street and provide more public education.

**To get stores to stop selling illegal pesticides in HRM:**

**Fougere:** Work with the province to eliminate retailers' ability to sell the banned products. Aim

business in the direction of stores who only sell products permitted under the city's pesticide bylaw.

**Boyd:** Lobby the province to ban, encourage biological solutions and spotlight compliant retailers.

**Kelly:** Work to ban the sale of illegal pesticides in stores, shame the retailers who do sell them and provide public information.

**On tackling the problem of illegal dumping:**

**Fougere:** More enforcement, huge fines and work with communities where it's happening.

**Boyd:** Reduce fees at the dump and install surveillance cameras at illegal dumping sites.

**Kelly:** Start a dumping rewards program for contractors, install surveillance cameras and provide more education.

## News in brief

**FUNDING** Premier Rodney MacDonald is pledging \$19 million to look for natural gas and oil off the coast. MacDonald said Nova Scotia's energy potential is largely unexplored. "This is money from our Crown share of offshore royalties being put to good use in the best interest of Nova Scotians," MacDonald said. **METRO HALIFAX**

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What's online today.

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**Lotteries**  
Lotto 6/49 4, 13, 19, 32, 40 & 45. Bonus 28. These results are not official.

Digby-Annapolis MLA Harold "Junior" Theriault says spotty cellphone service in rural communities is making it hard to attract business. Theriault said it's also hard for firefighters and paramedics to work without cellphones. He's asking the province to make provincewide cell access a priority. **METRO HALIFAX**

# McKenna urges nation to help poor

Says Canada must show confidence on world stage

JENNIFER TAPLIN  
jennifer.taplin@metronews.ca

**Canada needs to do more to help out the poorest nations of the world, according to an impassioned Frank McKenna.**

"I'd like to see us stop punching below our weight," he told a crowd of hundreds at the Westin Hotel in Halifax last night.

"We need to wake up and grow up and accept the fact we are no longer a small, parochial, local economy in the world. We can and should be strutting our stuff on the world stage."

He told supporters of the Coady Institute rich nations like Canada can afford to give so much more to impoverished nations.

He talked about a recent trip to Haiti, where four back-to-back hurricanes and tropical storms have killed 800 people, hurting a nation already suffering from poverty.

"As if the burden wasn't hard enough for people, more and more misery keeps piling on. Climate change is an example."

McKenna painted a picture of how the rich countries in the world could easily afford to wipe out extreme poverty: He said it would cost \$6 billion for basic education for all, \$9 billion for water and sanitation, and \$13 billion for basic health and nutrition. In



Frank McKenna, former New Brunswick premier and former ambassador to the U.S., speaks at the Westin hotel in Halifax last night.

contrast, the world spends \$400 billion on narcotics and \$780 billion on military spending.

"Imagine if we had with- in our power to reorder our priorities in such a way that small slivers of those discretionary expenditures could be directed to the world poorest."

But the former ambassador to the U.S. said Canada's spending on foreign aid been cut in half since the 1990s.

Canada has a lot to be proud of and should be confident, he said. As the "financial storm" approaches, Canadian financial institutions are strong and we have the best financial performance of the G8.

"We have what the rest of the world wants," he said. "If I had a wish for Canada, it would be simply this: We should be more confident about who we are."

## Ouch Beating the flu one needle at a time



Susan Kirkland gets her flu shot from nurse Cathie Swimm at the Northwood Centre following the Department of Health Promotion and Protection flu shot campaign launch yesterday. The department provides free flu vaccines at doctors' offices and community clinics to people in high-risk groups including pregnant women, senior citizens, six- to 23-month-olds and health care workers.

## MLA pensions reasonable, expert says

JENNIFER TAPLIN  
jennifer.taplin@metronews.ca

**MONEY** MLA pensions are right on track, according to one expert.

Pensions for MLAs were recently posted on the government's website, including those who qualified in August. They range from \$19,369 to \$70,294.

"I think it's perfectly in order," said Judy Haiven, an associate professor at Saint Mary's University.

"It seems to me when we ask people to do public service, this means they cannot go to their careers, they cannot become lawyers or doctors."

MLAs must be elected twice, and work a minimum of five years to be eligible. The amounts depend

### A sampling of MLA pensions:

- Premier Rodney MacDonald \$61,079.57
- Opposition Leader Darrell Dexter \$51,756.61
- Minister of Finance Michael Baker \$55,425.41
- Cumberland North MLA Ernie Fage \$52,837.59
- Clare MLA Wayne Gaudet \$70,294.37
- Liberal Leader Stephen McNeil \$20,983.49

on their salaries. Ministers, speakers, and party leaders earn more than the average MLA.

Pensions aren't gifts or bonuses, Haiven said, rather they're part of a whole compensation package.

"I think the only reason you and other people think it's too much money is because you don't have pensions. And that's the problem with our society — too few people have decent pensions so quite often and

with good reason, they're quite envious of MLAs."

The man with the most envious pension on the list is Clare MLA Wayne Gaudet, whose pension is over \$70,000.

"I've been a minister, speaker, deputy speaker and interim leader twice. I've gone through five elections," he said.

"I've got more than 15 years as an elected member and of course I wasn't surprised my pension was up there."

He said he hasn't heard one complaint about it.

And Gaudet said it was never about the money. He went into politics to make a difference in people's lives.

Public office is hardly lucrative, he said, and it's a problem rearing its head in the current federal election. Out of all the constituencies in the province, only one nomination was contested.

"There's something wrong with that picture," he said.

"Why would someone who's a doctor in Nova Scotia leave their family practice and enter politics? I could never understand that one."

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# N.S. tourist numbers down

## Cruise industry thriving despite 3% drop in total visitors

DEVIN STEVENS  
for Metro Halifax



**Tourist numbers in Nova Scotia have dropped three per cent in the first eight months of 2008 compared to the same period last year, worrying some in the business.**

"It's not great," said Darlene Grant Fiander, president of the Tourism Industry Association of Nova Scotia. "We're concerned

(about) what the fall looks like, from what we're hearing from operators."

This year, Nova Scotia has welcomed more than 1,430,000 tourists, down three per cent from 2007. The numbers in August were about the same as last year.

"Despite the challenges facing the industry across Canada, we held our own in August, which we are happy to see," said Tourism Minister Bill

### U.S. vs. overseas

- The number of American visitors to Nova Scotia were down by 9,000 in the first eight months of 2008, while overseas visitors increased by 1,200.

Dooks. "We're looking forward to a strong fall. With great events like Celtic Colours, Nova Scotia will be a busy destination again

this year."

Travel by road was down three per cent in August, while air travel was up nine per cent.

The biggest bright spot was the cruise industry, up by 7,200 tourists in August alone.

"That's the good news," said Grant Fiander. "The impact of cruises is significant, but we have to look at the whole province ... Certain regions are having a more difficult time."

## Dartmouth Maritime Fall Fair launches at school



A goat gets lavished with attention from students at Admiral Westphal Elementary School in Dartmouth. The 2008 Maritime Fall Fair was launched yesterday with the petting zoo and a visit to the school by the Fall Fair professional rodeo cowboys. The fair runs from Oct. 10 to 18 at Exhibition Park.

## Halifax man believed to be dead faces sex charges in B.C.

**COURT** A Halifax man who allegedly faked his own death four years ago to avoid a trial on sex-related charges in British Columbia is now in jail in Nanaimo, B.C., and has been denied bail.

Police say Jeremy Daniel

Oakley, 36, was arrested then released in May after RCMP in Halifax searched a Peggy's Cove Road home and found child pornography images on a computer.

Oakley had been facing charges relating to an October 2003 sexual assault

in Nanaimo, but the charges were stayed after prosecutors saw a 2004 Halifax obituary that claimed he'd died in a car crash in Toronto.

RCMP Cpl. Joe Taplin said Nova Scotia child-protection services, called in

to care for two children in the Peggy's Cove house, were the ones who told B.C. officials that Oakley wasn't dead.

Oakley will appear in a Nanaimo court by video-conference Oct. 21.

**METRO HALIFAX**

### News in brief

**LAW** The provincial Justice Department is considering joining provincial and family courts together across the province to better manage heavy caseloads. Outside of Halifax and Sydney, where the Nova Scotia Supreme Court

hears divorce, custody and other matters of family law, provincial court judges must handle the caseload, and they are having difficulties under the strain. To read a discussion paper on the topic, visit [www.nsbs.org](http://www.nsbs.org).

**CHARITY** Hope you're feeling generous. The United Way launched its 2008 campaign yesterday, and it's trying to raise over \$5.8 million in HRM. There are 55 agencies that receive United Way money. Those agencies do everything

from helping immigrants find homes and jobs, treating addictions and eating disorders, and funding homeless shelters. Last year, the United Way raised \$5.77 million.

**METRO HALIFAX**



From left to right: Christina Walker, Alana Aisthorpe, Tami Kendell, Caelan McPherson and Dakota Kendell take part in International Walk to School Month, which began yesterday.

## Make it easier to walk to school: Committee head

LINDSAY JONES  
lindsay.jones@metronews.ca



**"We've got horrid traffic congestion problems in front of the school. There are people out there who just stop and let (their children) out in the middle of the street."**

Kelly Greenwood

The head of a school parents' committee in Clayton Park West says the city needs to step up and help make the neighbourhood more walkable for students.

Kelly Greenwood, chair of the Park West school's active and safe routes to school committee, says the city fenced off a popular trail used by students three years ago because of vandalism. The two other trails used by students – one of which is city-owned – aren't safe to use in the winter because they're not maintained.

There is an alternative route, but Greenwood says it's much longer.

"There are many, who if they're confronted with a fence, they'll either trespass and go through the adjoining properties, or convince their parents or their parents will decide it's too much hassle to go the other way," Greenwood said.

"We've got horrid traffic congestion problems in

front of the school. There are people out there who just stop and let (their children) out in the middle of the street."

On the first week of International Walk to School Month, the mother of two elementary school children brought her concerns to the forum on green issues at Dalhousie University yesterday before Mayor Peter Kelly and Coun. Sheila Fougere.

Kelly said police and recreation staff are looking into what the best long-term plan is for the fenced-in trail, while Fougere promised to review the problem.

## City staff's plan to increase plastics recycling hits snag

**WASTE** Right now, you can't recycle yogurt and margarine containers in HRM, but city staff are looking into changing that.

The plan hit a road block this week when regional council deferred a decision on the staff's plan to work with their current waste management company. High costs were cited as a concern.

Currently, you can only recycle No. 1 and 2 plastics, like mouthwash bottles and drink containers.



Staff wanted the company to look at recycling a variety of new items like yogurt and margarine containers, meat trays, clear takeout containers, and deli meat packaging.

**METRO HALIFAX**



**Drivers, buckle up: Cops**

This month, Halifax Regional Police and RCMP are targeting seatbelt enforcement, car seats and booster seat use. If you're caught without the proper restraint, it'll cost you \$164.50. Last month, police handed out 1,482 summary offence tickets. **METRO HALIFAX**

## Cape Breton launches fight against beetle

Experimental measures are in the works to rid the Cape Breton community picnic park of the tree-killing spruce beetle.

An infestation of the native bug has killed many of the white spruce trees in the Ben Eoin park and is expected to finish off the rest before long.

**"Within a year or two (the spruce) will all be dead."**

Art Lynds, ecologist

spruce must be removed from the park before the beetle can move on to other types of trees in the popular picnic area.

"Within a year or two (the spruce) will all be dead because they have built up such an infestation."

Beetles are causing similar problems on several thousand hectares of provincial park lands, as well as crown land.

THE CAPE BRETON POST

## 'Citadel three' recognized as employees in tax court

JENNIFER TAPLIN  
jennifer.taplin@metronews.ca

**It's a victory for three Halifax Citadel employees, but it comes long after they stopped working there.**

A tax court ruled in favour of Anthony Kiley, Mark Hubley and Kandra Surretta, naming them Parks Canada employees.

Since 2005, they've been fighting for that recognition because they were hired by the Halifax Citadel Regimental Association, contracted by Parks Canada. Dubbed the "Citadel Three," they said they do the work of Parks Canada employees and should be paid like them.

"We're looking for it to affect the people we worked with who are still there and other people who are employed like us throughout the country," Kiley said in an interview yesterday.

A week before a tax court hearing this summer, Parks Canada admitted they were federal employees in a consent to judgment. The tax court recently released the decision.

"We couldn't go to court because they were agreeing with us," Kiley said.

He said the next step is working with the Public Service Alliance of Canada (PSAC) to get their jobs back. Kiley said both he

**"It's a real win for all Parks contract workers."**

Daniel Kinsella

and Hubley were dismissed, and Surretta was so stressed out she took a sick leave and her job was eliminated.

PSAC is in collective bargaining with Parks Canada, and they said in a release they're against contracting out union jobs.

"It's a real win for all Parks contract workers who are struggling to improve their work situation," said Daniel Kinsella, with PSAC, of the ruling.



Dr. Thomas John "Jock" Murray was one of six people to receive the Order of Nova Scotia from Lieutenant-Governor Mayann Francis yesterday. Murray is a neurologist and one-time dean of medicine at Dalhousie University.

## Former dean among six honoured with Order

**HONOUR** Six Nova Scotians have new provincially funded hardware.

Premier Rodney MacDonald presented the recipients of this year's Order of Nova Scotia to six individuals at a ceremony yesterday.

The family of a Mi'kmaq activist Nora Bernard accepted her medal. She was found dead in her house on Dec. 27th and her grandson was charged

with her murder.

Hockey star Sydney Crosby wasn't in attendance yesterday but was honoured for being a role model. Community leaders Ruth Miriam Goldbloom, Michael Dan MacNeil, Thomas John "Jock" Murray and Mahmood Ali Naqvi all received medals yesterday. The recipients have the right to use O.N.S. after their names.

METRO HALIFAX

## P.E.I. debt 'taking away opportunities'

**MONEY** Every second of every day Prince Edward Island's debt rises by \$2. If you think that's alarming do the math for a week.

Figures provided by the Canadian Federation of Independent Business (CFIB) indicate the provincial government's weekly debt to-

tals \$1,158,773.

Erin McGrath-Gaudet, CFIB's policy analyst for P.E.I., told a press conference yesterday, "With every tick it's taking away opportunities for the future."

The CFIB called the press conference to unveil the

P.E.I. Debt Clock, a digital counter on the federation's website, that illustrates the speed the provincial debt is growing. The federation called on the provincial government to balance its books.

THE CHARLOTTETOWN  
GUARDIAN

# Business in Burnside

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A Canadian soldier is in serious but stable condition after being shot by insurgents about 30 kilometres west of Kandahar City, Afghanistan on Tuesday. The military has not released the soldier's identity. **CBC NEWS ONLINE**

# Canada

## Reprieve for Rambo

Rambo, left, has been given a reprieve from canine death row. A plan to transfer the dog from an animal shelter in Mississauga, Ont., to a farm in Nova Scotia was approved by an Ontario court yesterday. Rambo was born after a province-wide ban on new pit bulls took effect on Aug. 29, 2005.

TORSTAR NEWS SERVICE

## Atwood Culture is seamless



Author Margaret Atwood takes a break to read Metro at a party this week to launch her latest book, *Payback: Debt and the Shadow Side of Wealth*. The book hit stores this week in the midst of a global market meltdown, and an election campaign in which Atwood took shots at Prime Minister Stephen Harper's comments that "ordinary people" don't care about "the arts." As Atwood told Metro: "Culture is seamless. It flows from so-called high to so-called low and back again."

## Large percentage of meat tainted: Report

Two-thirds of Maple Leaf meat samples collected from Toronto hospitals and nursing homes tested positive for a virulent strain of listeria just before the country's largest food recall, according to confidential data obtained by Torstar News Service and the CBC.

The samples were collected by Toronto Public Health

**"There shouldn't be any positives."**

Rick Holley, food safety expert

inspectors on orders from the provincial Ministry of Health and the CFIA as part of their investigation into the outbreak.

"There shouldn't be any

positives," says Rick Holley, a food safety expert at the University of Manitoba.

Linda Smith, a spokesperson for Maple Leaf, said the company took action when informed of the results.

"When we looked at that, we felt it was important to do more and that's why we closed the plant and recalled 191 products."

TORSTAR NEWS SERVICE

## Group urging review of RCMP Insite critiques

**VANCOUVER** Canada's auditor general needs to examine whether the RCMP overstepped its mandate by funding academic critiques of Vancouver's supervised injection site, the Pivot Legal Society said yesterday.

The RCMP said the reviews were standard "due diligence," no different than research into traffic services or organized crime.

In a complaint to Auditor General Sheila Fraser, Pivot argues that while spending money on crime prevention is within the RCMP's mandate, using public funds to research a public health matter, like harm reduction, is not.

"The RCMP was created as a police force and not to act as scientists," said Douglas King, a Pivot lawyer.

JEFF HODSON/METRO CANADA

### News in brief

**VANCOUVER** A Cariboo, B.C., man needed 60 stitches to close his wounds after he fought and killed a mother bear, CBC News Online reports. Jim West, 45, and his two dogs came face-to-face with the bear during a

morning walk on Saturday. He used a stick to break the bear's skull after it tore into the back of his head and bit his body.

**REFUGEE** Hassan Almrei, a Syrian refugee who has spent the

last seven years behind bars on a Canadian security certificate would not pose a significant threat if released under supervision, a renowned security adviser told a federal court yesterday. **METRO NEWS SERVICE**

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# Tories aim to heal doctor shortage

Stephen Harper pledged a \$5-million fund to draw Canadian doctors practising outside the country to return to Canada, CBC News Online reports. Harper said the Conservatives would also begin a pilot project with the provinces to find ways to recruit and retain nurses.

CBC NEWS ONLINE

canada 9

Election 2008

# Race has turned upside down

With 5 days to go in campaign, this election is going down to the wire

## On the Hustings

Andrew Cohen

Election insight and analysis

Just when you were sure the Conservatives would win this election and the only question was by how much, strange and wondrous things begin to happen.

Support for the Conservatives has been dissolving like a soft summer mist. The party that began the campaign with 38 to 40 per cent of support has now fallen to 31 to 34 per cent.

Meanwhile, the Liberals have rebounded, though not as dramatically as the Conservatives have fallen. The Liberals are now polling at 26 to 31 per cent.

While the conventional wisdom was always that

Stephen Harper would be re-elected, that's no longer certain. And while the conventional wisdom was that Stéphane Dion was finished, that isn't certain, either.

In other words, all bets are off. With five days to go, this is suddenly, remarkably, a horse race.

For weeks the biggest doubt was whether the Conservatives would win a majority. How big? Would it come from Ontario or Quebec?

If the election were held today, it is safe to say they wouldn't win most of the 308 seats in the House of Commons. Sure, it is mathematically possible that they could pull this off with 32 per cent of the vote in a divided, five-party race

with crazy splits. But it would be unprecedented.

We have seen a majority with 37 per cent of the popular vote — Bob Rae's New Democrats did it in Ontario in 1990 — but with 32, 33 or 34 per cent? Unfathomable.

(It goes the other way, too. In 1925, Canada had a minority government even though the Conservatives won 47 per cent of the vote.)

While a Conservative

majority was Harper's fond hope, he had reason to believe it was possible when the campaign began. The Conservatives never imagined sweeping Quebec like John Diefenbaker in 1958 or Brian Mulroney in 1984, but they did think winning another 10 or 15 seats there was realistic.

That, and modest gains in rural Ontario, would get them to 155 seats. That was the hope.

But even before the credit crisis, that was slipping away. The Bloc Québécois has brilliantly exploited doubts about Harper — on

state support for culture, juvenile crime and the war in Afghanistan — and thwarted a Tory triumph in Quebec. Meanwhile, the

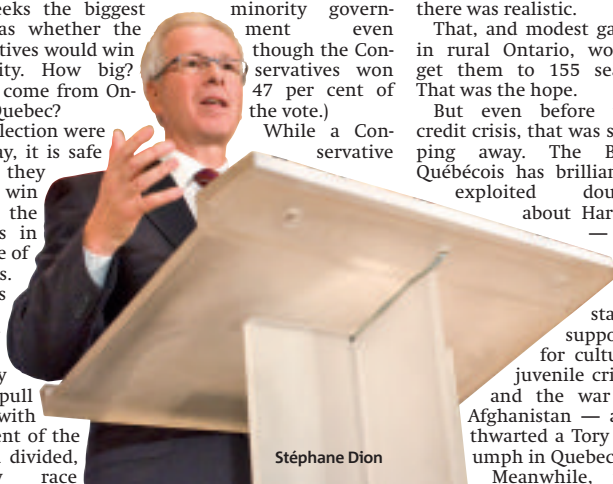
Liberals are holding their traditional vote in Montreal, where the New Democrats had hoped for a breakthrough.

At the same time, the Liberals appear to have retaken the lead in vote-rich Ontario, their support rising in the province's southwest.

But does all this mean the Liberals can actually win this thing on Tuesday? Yes, but only if Liberal voters who defected to the Greens and the New Democrats come home. This time, their motive wouldn't be stopping a Conservative majority, as it was in 2006, but of delivering something unthinkable a week ago: A minority Liberal government.

Realistically, it's still unlikely. But in a political and economic world turned upside down, it could happen.

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians: Lester B. Pearson*.



Stéphane Dion  
RICK MADONIK/TORSTAR NEWS SERVICE

## Round 2 for May, MacKay at debate

Hundreds of people packed the gymnasium of Nova Scotia Community College in Stellarton last night for what turned out to be a lively showdown between Elizabeth May and Peter MacKay at the second all-candidates debate in Central Nova.

A report on the cost of the Canadian mission in Afghanistan was to be released today but the war took a back seat to sparks flying between the defence minister and Green leader on everything from lost jobs to lawn signs.

May drew one of her strongest reactions of the night when she told the crowd she would work to reopen rail car manufacturing plant TrentonWorks Ltd., which cost the community 1,000 jobs when it shut down in April last year.

"I'm committed to getting TrentonWorks open again. Building rail cars in this community again," she

said to thunderous applause from union representatives sitting in bleachers.

MacKay, the Conservative incumbent who has represented the riding since 1997, said he has been working hard to reopen the plant but nothing can be guaranteed.

"I believe the priority of government is to create opportunity, not to guarantee certain things," he said to mixed reaction from the crowd.

"(What's happening is) a byproduct of being in a global economy. We can't deny that or live in a bubble."

New Democrat candidate Louise Lorence used the time to explain her party platform and share personal stories she heard from voters on the doorstep, but it was clear from the crowd the night belonged to May and MacKay.

TORSTAR NEWS SERVICE

## News in brief

**STRATEGY** An organized push to vote strategically may not be hurting the intended victim — the Conservatives — so much as it is harming the Green party, an

Ottawa candidate suggested yesterday. "So-called strategic voting — voting not for the best candidates, but for a party most likely to keep another one out

— may be well-intentioned, but it's often based on faulty logic," said Jen Hunter, the Green party candidate in Ottawa Centre.

METRO CANADA

Watch as Harper's latest comments on the economy draw sharp rebukes at [metronews.ca/canada](http://metronews.ca/canada)

5 days remain until the 2008 Canadian federal election



**Conservative**  
Dartmouth-Cole Harbour  
**Wanda Webber**

## I Care About

**Military:** We need to ensure that our military has the tools they need to do the job we ask of them. As your MP, I will work to continue the support the Conservative government has given our men and women in uniform, helping them meet the challenges they face now and in the future.

**Crime:** You are tired of a justice system that is too soft on criminals and does little to protect law abiding citizens. The Conservative government has a proven track record of fighting crime. They are committed to ensuring those who commit serious crime, do the time. Like you, I want to make the streets safer for the residents of Dartmouth-Cole Harbour.

## Campaign Office

899 Portland St. Tel: (902) 406-7088 [wandawebber.ca](http://wandawebber.ca)

Authorized by the official agent for Wanda Webber.

At Sarah's Smash Shack, pent-up patrons can relieve stress by hurling dinnerware and bric-a-brac against a wall as hard as they can, day and night, seven days a week. San Diego entrepreneur Sarah Lavelly charges her clients \$10 and up to pulverize plates and glasses during 15-minute intervals. **REUTERS**

# World/Business

## Ukraine calls early election

**Ukrainian President Viktor Yushchenko yesterday abandoned the search for a coalition to take over from the current "orange" government, dissolved parliament and called an early election.**

Yushchenko blamed Prime Minister Yulia Tymoshenko, his estranged ally from the 2004 "Orange Revolution," for the collapse of a coalition that

emerged from that Western upheaval which swept him to power.

She had allowed her "thirst for power" to take precedence over national interests, he charged.

"I hereby declare the activities of ... parliament to be suspended and call an

early parliamentary election," he said in a recorded television address to the nation. "The vote will take place in democratic and lawful fashion."

Yushchenko twice named Tymoshenko prime minister, but has been constantly at odds with her almost since his election. "I am convinced,

deeply convinced that the democratic coalition was ruined by one thing alone — human ambition. The ambition of one person," he said in his televised address.

The constitution provides for an election to take place no more than 60 days after dissolution — making December 7 a possible date.

**REUTERS**

## Cuba Guevara's capture



Men carry an image of the late guerrilla leader Ernesto "Che" Guevara at a primary school in Havana yesterday. Guevara was captured in Bolivia 41 years ago. **REUTERS**

### News in brief

**PENTAGON** U.S. Defense Secretary Robert Gates called on southeastern Europe yesterday to send more troops to Afghanistan. The Pentagon chief has repeatedly asked NATO members and others to send aid to the war zone. Still, NATO commanders say they need about 10,000 to 12,000 more troops. **REUTERS**

## Afghan strikes killed 33 civilians: Inquiry

**AFGHANISTAN** The U.S. military said yesterday that 33 Afghan civilians died during August air strikes on a village in western Afghanistan, raising the estimated toll of an action that has strained U.S.-Afghan relations.

A new military inquiry into the Aug. 22 attack on

the village of Azizabad in Herat province also lowered the U.S. estimate for the number of militants believed to have died, to 22 guerrillas from an initial estimate of 30 to 35.

The United States first reported only five to seven civilian deaths in the attack. That opened a rift

with the Afghan government and the United Nations, which both said more than 90 civilians had been killed.

The military then revisited its investigation after cell phone video emerged showing bodies of people said to have been killed.

**REUTERS**

## Georgia wants further pullback

**TROOPS** Russia pulled back its troops yesterday from Georgian territory, but Georgia demanded it take further steps.

Russia said troops had removed all six of their checkpoints in the buffer

zone around South Ossetia, ahead of the Friday deadline stipulated by a French-brokered ceasefire. But Georgia said troops still had to quit two enclaves in South Ossetia and Abkhazia by Oct. 10. **REUTERS**

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## Business

### AIG defends lavish event as Fed gives \$38B more

**CRISIS** American International Group Inc. could get \$37.8 billion US in fresh cash as the Federal Reserve announced a plan to buy its investment-grade, fixed-income securities yesterday, as the insurer tried to fend off criticism of a lavish event held days after getting an \$85 billion US government loan to avoid bankruptcy.

AIG drew fire from lawmakers in Washington for spending \$200,000 US on hotel rooms and \$23,000 US on spa services, just days after it got the loan. AIG said it was a "business event" for independent life insurance agents, and no executives attended. **REUTERS**

### In brief

**SMARTPHONE** RIM will debut the BlackBerry Storm, its clickable, touch screen device, in Canada later this year over CDMA-equipped Bell and Telus networks. It's a nod to the fact that they are at a competitive disadvantage against GSM networks. No pricing has been announced. **TORSTAR NEWS SERVICE**

## Central banks make historic joint rate cut

**Central banks around the world cut interest rates yesterday in their first broadly co-ordinated policy action in history, in an attempt to stem the global financial crisis.**

The central banks of the United States, the euro zone, Britain, Switzerland, Canada and Sweden all lowered official rates by a half-percentage point — with the Bank of Canada cutting its key interest rate to 2.5 per cent.

"The recent intensifica-

tion of the financial crisis has augmented the downside risks to growth and thus has diminished further the upside risks to price stability," the banks said in a joint statement. **REUTERS**

### Canadian banks

TD Bank will lower its prime lending rate by 25 basis points to 4.50 per cent, half of the Bank of Canada's rate cut. CIBC, RBC, Scotiabank said they would follow suit.

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Metro is the world's largest newspaper, with more than 23.1 million daily readers in 100 major cities in 23 countries. **metronews.ca**



**Suspect indicted in murder of Broncos' Williams**

A Denver grand jury returned a 39-count indictment yesterday charging Willie D. Clark in the murder of former Denver Broncos cornerback Darrent Williams and the attempted murder of two others. **METRO NEWS SERVICES**

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# Sports



## Cubs exercise Harden's option

The Chicago Cubs exercised the 2009 option for pitcher Rich Harden, left, yesterday. Victoria's Harden, 26, was acquired from the Oakland Athletics on July 8 along with pitcher Chad Gaudin, for four players. After coming to Chicago, Harden went 5-1 with a 1.77 earned-run average and limited hitters to a .149 average after the All-Star break, which led all starters in the majors.

**METRO NEWS SERVICES**

SPORTS@METRONEWS.CA

# Dodgers, Phillies face off in NLCS

Expect Philadelphia to keep momentum going and take down L.A.

**The Los Angeles Dodgers and Philadelphia Phillies will battle for the right to represent the National League at the World Series when the best-of-seven NLCS gets underway on tonight at Citizens Bank Park.**

Los Angeles is back in the NLCS for the eighth time in team history, but this is its first time back since its classic seven-game win over the New York Mets en route to its last world championship in 1988.

Philadelphia, meanwhile, is in this round for the seventh time, but will be making its first trip since 1993 when it topped Atlanta in six games.

These teams are also no stranger to one another in

the postseason, having met on three other occasions. However, they have not met up in the playoffs since the Phils defeated the Dodgers, 3-1, to advance to the 1983 World Series.

Los Angeles, though, defeated the Phils the first two times these teams squared off in NLCS play.

### LINEUP

If the Phillies are clicking on all cylinders there are few lineups, if any, that can produce the kind of runs they can. Unfortunately, though, the big bats of

Ryan Howard and Chase Utley seem to have gone silent for the second consecutive season.

After going 2-for-11 in last year's sweep at the hands of the Rockies, Utley man-

aged just two hits in 15 at-bats against the Brewers, while Howard was 2-for-11.

As he has been since he arrived in Los Angeles, Ramirez was the catalyst offensively for the Dodgers in their sweep of the Cubs. The 2004 World Series MVP hit .500 in the series with a pair of home runs and three RBI.

### STARTING PITCHING

Cole Hamels put forth one of the best efforts of his career in his Game 1 NLDS start, as he held the Brewers to just two hits over eight scoreless innings, while striking out nine with a walk.

Hamels has only faced the Dodgers twice and is 1-

0 against them with a 2.57 ERA. He defeated them back on August 23, surrendering a pair of runs and five hits in seven innings.

The Dodgers will send righty Derek Lowe to the hill in Game 1. Lowe was one of the best pitchers in the league down the stretch, winning six of his last seven decisions, and carried that into his Game 1 effort against the Cubs. Lowe earned the win, giving up a pair of runs and seven hits in six innings.

### PROGNOSIS

Philly is not going to make as many mistakes as Chicago did. Plus with a series win under their belt, they won't be as tight at the plate.

**Prediction: PHILLIES in SIX**

**METRO NEWS SERVICES**

## Sports in brief

**NFL** New England Patriots quarterback Tom Brady reportedly underwent surgery on Monday to repair his injured left knee.

**NHL** Chicago Blackhawks forward Ben Eager was suspended three games without pay by the NHL yesterday.

**NHL** The Buffalo Sabres placed forward Paul Gaustad on injured reserve yesterday.

**NHL** The Vancouver Canucks assigned forwards Jason Krog and Matt Pettinger to Manitoba of the American Hockey League.

**NFL** The New Orleans Saints placed kicker Martin Gramatica on injured reserve yesterday, ending his season.

**METRO NEWS SERVICES****Brady**

ROB CARR/THE ASSOCIATED PRESS

Los Angeles Dodgers outfielder Manny Ramirez

# Bosh leads Raptors past Knicks

**Raptors 113 Knicks 111**

**NBA** Chris Bosh scored a team-high 20 points and grabbed seven rebounds to lead the Toronto Raptors to a 113-111 victory last night over the New York Knicks in pre-season action.

Andrea Bargnani chipped in 15 points off

the bench for the Raptors, who defeated Cleveland, 104-84, on Tuesday in the club's pre-season opener. Jamario Moon, Anthony Parker and Jason Kapon added 10 points apiece in the win.

David Lee had a game-high 22 points and

hailed in nine boards in the pre-season opener for the Knicks, who finished last season 23-59. Zach Randolph added 19 points and 13 rebounds while Nate Robinson ended with 16 points. Wilson Chandler gave 15 points in defeat.

**METRO NEWS SERVICES****Bosh**

## Tennis Ivanovic upset in Kremlin Cup



Ana Ivanovic became the second high-profile player to tumble out of the Kremlin Cup in two days after losing to Dominika Cibulkova 3-6, 6-2, 7-6 in Moscow yesterday.



**Seismic Adventure awaits with Nintendo's Wario Land: Shake It!**

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With the Wii Remote controller turned sideways, veterans and newcomers alike can run, jump and smash their way through hectic side-scrolling stages.

Contest ends midnight October 10. Winner will be contacted by email.

**metronews.ca**

The Halifax Mooseheads have handed defenceman Justin Pender their player-of-the-month award for September. The 20-year-old assistant captain led all Mooseheads scorers with three goals and four assists for seven points in seven games. **METRO HALIFAX**

# Baddest man in the rink

## O'Connor wants opponents to fear facing him and Mooseheads

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**Cam Russell calls Gabriel O'Connor the "meanest defenceman" he's got, and he intends it as a compliment.**

It's not that O'Connor is anything but amicable and good-natured off the ice. It's more of a commentary on the nasty disposition the 17-year-old has brought on the ice this season for Russell's Halifax Mooseheads.

At 6-foot-3 and 205 pounds, O'Connor made a conscious decision to assert himself more than ever before.

"I want guys to come on the ice and say to themselves, 'Watch out for O'Connor,'" the Beloeil, Que., native said with a smile. "With less fighting, there's more hitting, and I like the physical part of the game. It gets the team more momentum."

That approach is pivotal for O'Connor if he wants to realize his dream of being picked in the NHL draft in June. He is by no means an offensively gifted blue-liner, instead focusing on a simple, low-risk and mistake-free defensive game.

That style doesn't always earn many accolades, but



Gabriel O'Connor has built a reputation as the 'meanest' defenceman on the Halifax Mooseheads.

blueliners who do it well typically have long careers.

"He's playing against top lines and he's our No. 1 penalty killer," said Russell, Halifax's head coach. "He's been very solid defensively, very tough in his own end. That's what

scouts like about him, that's what we like about him."

Helping O'Connor's cause is his size and physical strength, which Russell said ranks near the top of the team behind 20-year-old veterans Justin Pender and Graham Bona.

O'Connor regularly pairs with Bona and has one assist, 15 hits and a team-high 18 penalty minutes in 10 games.

The Mooseheads, with a 2-8 record, have struggled defensively early in the QMJHL season. They have allowed 44 goals, more

**"I want guys to come on the ice and say to themselves 'Watch out for O'Connor'"**

Gabriel O'Connor

than any other team in the Q prior to last night, and don't have a single player with a positive plus-minus.

For a guy who takes such pride in his defensive game, O'Connor said it stings to look at his minus-5 rating.

"That's the only part of my game I don't like so far," admitted O'Connor. "I'd like to be in the plus, as everyone would like to be, but for me, I want to come to the rink and say, 'Nobody's going to score on me,' and that's how I play."

It's not clear where O'Connor stands on the NHL draft radar just yet, as the major scouting services have yet to release their preliminary rankings. Just don't expect to see O'Connor trying to pull end-to-end rushes to catch scouts' eyes.

"I play my best (when I'm being) quietly effective," O'Connor said. "If I play my role, defensive, tough, simple plays, I'm sure everything will go well from there."

## Herd finally looking like healthy team

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**QMJHL** The Halifax Mooseheads are finally healthy.

The Mooseheads, who have battled a variety of nagging injuries since the start of the QMJHL season, have a full 25-man roster at their disposal for tonight's 7 p.m. tilt with the Victoriaville Tigres at the Metro Centre.

Tomas Knotek, the top returning point-producer from last year's team, will make his season debut. Knotek had 66 points as a rookie last season and has been recovering from a groin injury suffered at the Minnesota Wild training camp.

He is expected to skate on the Mooseheads' top forward line with Logan MacMillan and Linden Bahm. Blueliner Richard Greer is also ready to make his season debut, but it's not clear when he'll be inserted into the lineup. The Mooseheads are 17th out of 18 teams in the QMJHL standings with a 2-8 record. They also host the Montreal Junior tomorrow at 7 p.m. before taking a six day layoff.



Tomas Knotek

## Sports in brief

**SOCCER** Halifax City Coldwell Banker opened with a 1-0 win over Manitoba's Hellas S.C. at the Challenge Cup Canadian senior men's soccer championship in St. John's, N.L. Brian Francis scored the lone goal in yesterday's triumph, while goalkeeper Graham Little had the shutout. City

returns to action today against P.E.I.'s Avondale Islanders. In the Jubilee Trophy women's tournament, Halifax City Salty's battled to a 2-2 draw with Alberta's Northwest United with goals from Mary Beth Bowie and Sarah D'Apollonia. City faces Newfoundland's Holy Cross tomorrow. **METRO HALIFAX**

## SCOREBOARD

QMJHL					MLB					Edmonton at B.C., 11:30				
ATLANTIC DIVISION					LEAGUE CHAMPIONSHIP SERIES					MONDAY'S GAMES				
W	L	OT	P		BEST OF SEVEN					Haskilton at Montreal, 2				
Cape Breton	9	1	0	18	AMERICAN LEAGUE <td colspan="5">Saskatchewan at Calgary, 5:30</td>					Saskatchewan at Calgary, 5:30				
Moncton	7	0	1	15	Tampa Bay vs. Boston					NFL				
Bathurst	5	3	2	12	TOMORROW'S GAME					WEEK 6				
Saint John	5	6	0	10	Boston at Tampa Bay, 9:37					SUNDAY'S GAMES				
P.E.I.	2	5	1	5	SATURDAY'S GAME					Chicago at Atlanta, 2				
HALIFAX	2	8	0	4	Boston at Tampa Bay, 9:07					Miami at Houston, 2				
CENTRAL DIVISION					TONIGHT'S GAME					Detroit at Minnesota, 2				
W	L	OT	P		Tampa Bay at Boston, 5:37					Oakland at New Orleans, 2				
Drummondville	7	1	1	15	TUESDAY, OCT. 14					St. Louis at Washington, 2				
Shawinigan	7	3	0	14	Tampa Bay at Boston, 9:07					Cincinnati at N.Y. Jets, 2				
Victoriaville	5	6	0	10	NATIONAL LEAGUE					Baltimore at Indianapolis, 2				
Lewiston	4	5	0	8	Philadelphia vs. L.A. Dodgers					Carolina at Tampa Bay, 2				
EAST DIVISION					TONIGHT'S GAME					Jacksonville at Denver, 5:05				
W	L	OT	P		L.A. Dodgers at Philadelphia, 9:15					Green Bay at Seattle, 5:15				
Quebec	7	1	0	14	TOMORROW'S GAME					Dallas at Arizona, 5:15				
Rimouski	5	3	0	10	L.A. Dodgers at Philadelphia, 5:35					Philadelphia at San Francisco, 5:15				
Bellefleur	2	3	7	7	SATURDAY'S GAME					New England at San Diego, 9:15				
Chicoutimi	3	6	0	6	Philadelphia at L.A. Dodgers, 9:22					MONDAY'S GAME				
WEST DIVISION					TONIGHT, OCT. 13					N.Y. Giants at Cleveland, 9:30				
W	L	OT	P		Philadelphia at L.A. Dodgers, 9:22					CIS SPORTS				
Gatineau	5	4	1	11	NHL					ATLANTIC CONFERENCE				
Montreal	5	4	0	10	TONIGHT'S GAMES					W L T PTS				
Rouyn-Noranda	3	4	2	8	Toronto at Detroit, 9					Saint Mary's, 5 0 0 10				
Val-d'Or	0	8	1	1	Boston at Calgary, 11					Mount Allison, 2 3 0 4				
LAST NIGHT'S RESULTS					Calgary at Vancouver, 11:30					St. Francis Xavier, 2 3 0 4				
Gatineau 2 Val-d'Or 1					Anaheim at San Jose, 11:30					Acadia, 0 5 0 0				
Rimouski 4 Montreal 0					CFL					SATURDAY'S GAMES				
Saint John 6 P.E.I. 3					WEEK 16					Mount Allison at Concordia, 2				
Drummondville at Shawinigan					TOMORROW'S GAMES					Acadia at Sherbrooke, 2				
Victoriaville at HALIFAX, 7					Toronto at Winnipeg, 8:30					McGill at St. Francis Xavier, 2				

# Glavic likely gone for rest of year

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

Erik Glavic will be out of the Saint Mary's Huskies' lineup until at least the final game of the regular season.

The 6-foot-5 quarterback and reigning Canadian Interuniversity Sport football player of the year has been ruled out for Saturday's home game against the Montreal Carabins and for next week's visit with the Mount Allison Mounties.

Glavic has played just one quarter since tearing his anterior cruciate ligament last Nov. 17, and there is no guarantee he will be able to play again this season.

The best-case scenario is he will be back for the regular-season finale against the St. Francis Xavier X-Men on Oct. 24, but more likely, he won't return until the playoffs.

A final decision could be



Quarterback Erik Glavic will likely be gone for the rest of the season with a torn anterior cruciate ligament.

rendered as early as tomorrow, when he visits with doctors to have his knee reassessed.

"We really honestly don't have any idea what's going to happen with it," said Huskies head coach Steve Sumarah, who is

growing weary of addressing the ongoing saga.

"We're hoping we'll have something concrete on Friday."

Glavic passed for 1,843 yards and a conference-high 16 touchdowns last year, while rushing for 478

yards on 62 carries and running in an additional five majors.

Because rushing is such a big part of his game, having his knee in good shape is critical for his success.

Sumarah said he wouldn't hesitate to have Glavic start cold in Game 1 of the playoffs, if that's what it comes to.

"He's a veteran guy," Sumarah said.

"He's been in the system, he's been on the field (practising) all season, so I'd have no qualms with putting him in there (at that time)."

The good news for the Huskies is backup quarterback Nathan Marsman has recovered from a concussion and will be starting on Saturday at 5 p.m. against Montreal.

Running back Allistair Blair, who has missed the better part of two games with a knee injury, is also back, but all-star receiver Carl Hardwick will remain out with an ankle injury.



**Holiday decorating**

Garnishes like cranberries, pine cones or holly on the outside of your plates give an unexpected festive punch and can complement the colours of your meal. **NEWS CANADA**

# Food

**"Cardamom is a warm, sweet spice widely used in Scandinavian and East Indian cooking."**

Barb Holland/for Metro Canada

**A spicy twist**

Cardamom pods tend to be used with savoury dishes and ground is wonderful with pears and apples and offers a different taste from the more traditional cinnamon and nutmeg.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA



Like many holiday meals, a delicious, warm, home-baked pie is the perfect finish to Thanksgiving.

## Give thanks for dessert

**À la carte**

**Barb Holland**

Metro Food Writer

Thanksgiving is all about getting together with family and friends, giving thanks and enjoying the bountiful harvest. Sharing is a better word than delegating, and dividing up the meal preparation makes lighter work for all.

Here is a delicious harvest fruit pie that is a break from the traditional pumpkin pie (or in addition to!). If it's your turn to bring dessert, make this early in the day and heat just before serving in an oven that is turned-off but still warm.

**Rustic Apple, Pear and Cranberry Pie**

Using puff pastry saves the step of making pastry, just remember to transfer puff pastry from freezer to fridge the day before. If you prefer, you can also use regular pastry in a similar fashion. Makes 8 servings.

**INGREDIENTS:**

- 1/2 pkg or 1 sheet frozen puff pastry, thawed
- 1/4 cup (60 mL) all-purpose flour

- 1/4 cup (60 mL) brown sugar
- 1 tsp (5 mL) ground cardamom or cinnamon
- 3 medium apples, such as Macintosh
- 3 ripe but firm pears, such as Bartlett
- 1 cup (250 mL) fresh cranberries
- 1 tbsp (15 mL) cold butter, cut into pieces
- 1 egg, beaten with 1 tsp (5 mL) water or milk
- Coarse sugar, about 1 tsp (15 mL)
- Whipping cream

**METHOD:**

Preheat oven to 400°F (200°C). Combine flour, brown sugar and cardamom in large bowl. Peel and core apples, cut into wedges 1/4-inch (1 cm) thick. Similarly peel pears, cutting wedges a little thicker. Add to flour mixture, along with cranberries. Toss gently to coat evenly with dry mixture.

On lightly floured surface, roll chilled puff pastry into a 13 x 13-inch (32.5 cm) square, about 1/8-inch (3 mm) thick. Carefully transfer to parchment paper-lined pizza pan or other shallow baking pan with a rim. Arrange fruit mixture in centre, leaving a 2-inch (10 cm) edge (you can trim off corners for a neater look). Fold edge over filling. Dot filling with butter pieces. Brush pastry with egg wash, then sprinkle with

coarse sugar for a golden crust. Bake 15 minutes, then reduce heat to 375°F (190°C) and continue baking until pastry is golden brown and crisp, and fruit is tender, 30 to 40 minutes.

Serve warm with lightly whipped sweetened cream.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

## Chewy, nutty power balls

Instead of a taking store-bought energy bars on your next hike — try these. They taste great, transport beautifully without crumbling and are a lot less expensive when you make them yourself.

**Peanut Power Balls****INGREDIENTS:**

- 2 cups (500 mL) granola
- 1/3 cup (75 mL) chopped peanuts
- 1/4 cup (50 mL) each dried cranberries and raisins
- 1/4 cup (50 mL) wheat germ or ground flax
- 2 tbsp (30 mL) each pumpkin seeds and shredded coconut
- 1/2 cup (125 mL) honey
- 1/2 cup (125 mL) peanut butter

**METHOD:**

In a large bowl, stir granola with peanuts, cranberries, raisins, wheat germ, pumpkin seeds and coconut. In a small saucepan bring honey to boil. Boil vigorously for approximately 30 seconds then whisk in peanut butter. Add to granola mixture and stir to combine.

While mixture is warm,



This recipe makes 20 of these energizing balls.

firmly form into 1 1/2-inch (3.5 cm) balls. Refrigerate until firm. Store in an airtight container up to 2 weeks. Twist balls in waxed paper for perfect portability.

**More info**

- Per serving: 144.1 calories, 3.9 g protein, 19.7 g carbohydrates, 2 g dietary fibre, 51.7 mg sodium, 6.6 g total fat.
- Visit the website of the Peanut Bureau of Canada for more recipes: peanutbureau.ca/Canada.



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**Tip of the Day:** The mediocre teacher tells. The good teacher explains. The superior teacher strates. The great teacher inspires.  
— William Arthur Ward

# Metro Homes

## Kitchen of the future

Kitchen doorways are frequently marked with colourful lines that document children's growth patterns. Families have been known to take this section of the doorframe when they move. Will a future appliance have this chronicling feature built in? KITCHENAID

## Strategies for clearing the air

HomeScape

Sylvia Putz



If you vacuum frequently, dust diligently, and get rid of mould and damp conditions in your sealed-and-winterized home, then you'll breathe far more easily. But don't relax just yet — you're well on your way to improving the air in your home, but you're not finished.

Consider other sources of indoor air pollution such as furnaces and gas stoves, which give off carbon monoxide, nitrogen oxide and other gases.

Cleaners and personal care products can emit volatile organic compounds (VOCs). And products made

from plywood or particle board may give off formaldehyde.

### It's a gas

- For harmful gases like carbon monoxide and nitrogen dioxide that are the result of combustion, you need to ensure that appliances such as the furnace, stove, gas fireplaces and water heater are properly maintained. They should be inspected by a qualified professional every year.

Since carbon monoxide is both dangerous and odourless, get a carbon monoxide detector and place it where you can hear the alarm.

- Another gas that can build up indoors is nitrogen dioxide, which can irritate the lungs. It's main source in the home is gas stoves — if you have a gas stove, make sure it has an efficient exhaust fan that is vented to the outside.

- Combustion gases can also enter the home from garages, so never let cars or

any other fuel-burning appliance — such as a snow blower or lawnmower — run in a garage. Moreover, keep the door between the garage and house closed at all times.

### Source of irritation

VOCs and formaldehyde emanate from lots of products that are made of plywood or particleboard.

Such items can include kitchen cabinetry, oil-based varnishes, furniture and panelling, paints and glues, as well as many wall-to-wall carpeting products.

These sharp-smelling gases can irritate the eyes, nose and throat, and low concentrations over the long term may be linked to respiratory symptoms and allergic sensitivity, especially in children.

Of course, off-gassing is strongest when these home products are new, and lessens over time.



If you have a gas stove, make sure it has an efficient exhaust fan that's vented to the outside, advises Metro columnist Sylvia Putz.

So ventilate during renovation work, then give the house a day or a weekend to air out before you and your family settle into it again. Over the long term, you can limit your exposure by reducing or eliminating the number of VOC- or formaldehyde-emitting products in your home.

### Getting personal

Finally, take it easy on scented personal care, cleaning or laundry products, because they can also emit VOCs. Just because something smells nice doesn't mean it's a good

thing for you to breathe in.

### Coming back to haunt you

Other types of airborne dust that you can inhale may be hazardous as well, including lead from pre-1960s paints and asbestos from pre-1970s roofing and flooring products.

But these generally aren't problems unless they're disturbed or they chip off or disintegrate from age. Invest in testing if you have doubts. The Canada Mortgage and Housing Corporation site, [cmhc-schl.gc.ca](http://cmhc-schl.gc.ca) provides more information.

### Radioactive

Also consider testing for radon, particularly in spaces that are not well ventilated. Radon is a natural radioactive gas from soil and rock that commonly enters the house through the foundation and crawl spaces. Exposure increases the risk of developing lung cancer.

For further details, visit the Health Canada site at [hc-sc.gc.ca](http://hc-sc.gc.ca) and search for "radon."

Sylvia Putz is a journalist with an interest in home decor and design. She has written extensively for the TV show *Arresting Design*.

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A dual smoke and carbon monoxide alarm. Carbon monoxide is a dangerous and odourless gas that can be present inside a home.

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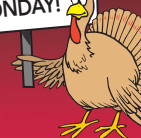


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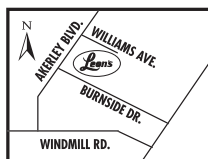
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Mid-tier retailer J.C. Penney Co. Inc is pairing with trendy designer Charlotte Ronson to sell an exclusive sportswear line as it tries to boost market share. The I (Heart) Ronson collection targets 21- to 35-year-old women. **REUTERS**

# Style



## Love for Life bracelets

Aldo has partnered with YouthAIDS to create limited edition "Love for Life" bracelets with 100 per cent of the net proceeds benefiting HIV prevention efforts in Rwanda. This includes the work of the Rebero Orphan Centre which cares for victims and orphans of the Rwandan Genocide. The bracelets will be available in three styles: silver and gold tone cuffs for women and a rubber wristband version for men. Available at Aldo, Aldo Accessories and online at [aldoshoes.com](http://aldoshoes.com) for \$5.

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

# Lashing it up

## Extensions, tattooing add drama to eyes

VERONICA BOODHAN  
for Metro Canada



**Going big with eyelashes is a Hollywood trend that dates back to the '50s and '60s with actresses like Marilyn Monroe and Elizabeth Taylor epitomizing the look.**

Today, celebrities as well as regular women continue to mimic this dramatic look. The difference is the number of options available, which now range from semi-permanent lash extensions to permanent lash tattooing and transplants.

Semi-permanent lash extensions is a procedure becoming increasingly popular in the beauty world. It is a service offered by many makeup artists and aestheticians across the country.

Veronica Tran, owner of Pretty in the City/Pretty Lashes in Toronto, specializes in semi-permanent lash extensions. Tran offers a variety of synthetic lashes, depending on the type of look one wants to achieve.

"There's a ratio that I go by, it's about one-third to half longer than your regu-

lar lashes," says Tran. "Some people will request shorter, because they want more natural lashes. Other people will ask for the most dramatic they can get."

Lash extensions are glued to the natural lash to increase length, volume and curl. The cost can vary; Tran offers extensions beginning at \$150 for the first visit and \$80 for the refill.

For people having a difficult time growing their natural lashes, some doctors offer eyelash transplants. This involves the removal of the patient's own hair, often from the back of the head. Next, selected hair follicles are isolated and inserted into the eyelid with a needle.

Dr. David Clas, a certified surgeon from the Ultra Gréffe clinic in Montreal has been performing eyelash transplants for two years. While it can be used to help people with little to no natu-

ral lashes, Clas has a vast majority of patients who seek transplants for cosmetic reasons.

Clas advises his patients to trim their new eyelashes every two weeks, as the one-time procedure can help lashes grow faster. But he warns against seeking transplants as an alternative to eye makeup.

"They grow faster but the appearance is comparable to how eyelashes look without mascara. The look is not as noticeable," says Clas. "Most patients have to use an eyelash curler."

The cost for the transplant surgery is usually \$3,500, and requires about one week of healing time.

For women who are satisfied with their natural lash shape and length, Karen West of Lasting Color, in Edmonton, offers an eyelash enhancement procedure, a permanent tattooing of the lash line. The one-time procedure costs around \$399.

**"Lashes just make anybody look better, prettier and just more feminine."**

Veronica Tran, owner of Pretty in the City/Pretty Lashes



TORTAR FILE PHOTO

Eyelashes can be big business these days. Cosmetic procedures available to enhance them include semi-permanent lash extensions, permanent lash tattooing and transplants.

"It makes it look like your lashes are thicker because they are coloured in. There is no skin showing between the lashes to make them look sparse," says West.

While these treatments

can cost a pretty penny, women are shelling out to fit this new standard in beauty.

"Lashes just make anybody look better, prettier and just more feminine," says Tran.

## Mascaras that go the length

For those who are not fans of having glue near the eye, the right kind of mascara can help you reach sky-high lengths with your natural lashes.

- **MAC Plush Lash, \$14** — Helps people extend and lengthen their lashes with the mascara's thicker wand. Available at all MAC Cosmetics stores and counters.

- **Dior Show Mascara, \$24** — The 2007 winner of Best of Sephora, this mascara is known for its volume, lengthening and curling. Available at all Sephora stores.

- **Benefit Bad Gal Mascara, \$25** — For coated lashes, this mascara gives you a thick, finished look. Available at all Sephora locations.

VERONICA BOODHAN/  
METRO NEWS SERVICE

# Hats off to embellishments

## Style File

Kim Elbo



[kim.elbo@metronews.ca](mailto:kim.elbo@metronews.ca)

## ask kim

**Are there any brands that specialize in boots for women with skinny calves? Most boots I try on are huge around the calf.**

Try Michael Kors and Geox boots. If those brands aren't available near you, shop online at [zappos.com](http://zappos.com) — they have a specialty section for people with narrow calves.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.



**Schoolboy**  
Designer: Deluxe  
Shop: Lip Lounge  
[theliplounge.com](http://theliplounge.com)



**Cloche**  
Designer: n/a  
Shop: Front & Co.  
[frontandcompany.ca](http://frontandcompany.ca)



**Fedora**  
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Shop: Room 430 Boutique  
[honeylovecouture.com](http://honeylovecouture.com)



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## hats

Classic-cut hats embellished with feathers, belts and contrasting fabrics are what to look out for this season. The cloche was a popular item last year and it looks like it's here to stay. Look for a cloche with a brim that is longer in the front and shorter in the back. The stingy brim fedora by Honey Love Designs is a favourite of mine; the feathers add elegance and style. A hat you will find everywhere is the schoolboy cap, it's casual and looks good on almost anyone.

## accessory

Support the Canadian Breast Cancer Foundation by buying Mavi's "Dress in Good Conscience" T-shirt. Minimum donation is \$25, available at Mavi.



## bags

Sometimes all you need is a simple bag to carry for a specific item. The magazine tote by American Eagle can hold your magazines, novels and sketch books, perfect for transit travelling or study dates. The waist pack by Roots is my favourite; fill it up with treats and little baggies for when you're out walking your dog.



**Carell now an A-lister**

Actor Steve Carell has officially made it onto the Hollywood A-list — he has signed a multi-million dollar three-movie deal with studio Warner Bros. [IMDb.com](http://IMDb.com)

**17**

# Entertainment

**Mirren's tempest**

Oscar-winning actress Dame Helen Mirren has signed up to star in a big-screen adaptation of Shakespeare's *The Tempest*, according to reports.

BBC NEWS ONLINE



## One dancer, but two roles

PHILIP CROUCHER  
philip.croucher@metronews.ca

**Those who watch soloist Tara Cheyenne Friedenberg perform probably don't feel like they play a part in her dancing.**

But the 36-year-old Vancouver resident claims otherwise.

"I feel like the audience is the other character out there with me," she said. "It's an interaction that helps me out."

The renowned dancer is in Halifax to perform her latest solo production, *Nick And Juanita: Livin' In My Dreams*, at the Sir James Dunn Theatre at the Dalhousie Arts Centre. The show presented by Live Art Dance Productions goes tonight, tomorrow and Saturday at 8 p.m.

The two-act solo brings theatre and dance together in a comedic performance which looks at the effects of love on Juanita, a woman trying to reconcile her fugitive brain and naive heart, and Nick, a sleazy talk-show host seemingly lacking in both.

The performance is divided into two 30-minute segments, with the first portion having Friedenberg acting as Nick, and the second part as Juanita.

"It gives me a lot more insight into why some men behave the way they do," said Friedenberg, who has played a male and fe-



Tara Cheyenne Friedenberg as the character of Nick for her solo dance production, *Nick And Juanita: Livin' In My Dreams*.

**"It's really fabulous to feel the audience with me when I'm out there."**

Tara Cheyenne Friedenberg

male character several times in the same production.

"The same thing with the Juanita character ... she is different than I am."

This performance is the second full-length solo piece from Friedenberg, who premiered her latest show in the summer of 2007.

Nick and Juanita have received many positive reviews, with Friedenberg hopeful the Halifax audi-

ence is the latest to embrace it.

"It's great to feel that support and have people kind of get it," Friedenberg said of the overall reaction.

"It's really rewarding. It's really fabulous to feel the audience with me when I'm out there and people have a positive reflection of the piece."

**If you go**

- What: *Nick And Juanita: Livin' In My Dreams*
- When: Tonight through Saturday, 8 p.m.
- Where: Sir James Dunn Theatre, Dalhousie Arts Centre
- Tickets: \$16.50 to \$23.50. Phone 494-3820.

## Play God's Middle Name to tour Canada

**THEATRE** Halifax's In Good Company will tour its award-winning production, *God's Middle Name*, across Canada this fall.

The play premiered to critical acclaim and sold-out audiences at the Eastern Front Theatre's On The Water Front Festival two years ago. It also won Outstanding New Play and Outstanding Production at the Theatre Nova Scotia 2007 Robert Merritt Awards.

Touring for *God's Middle Name* begins on Sunday with a show in Vernon, B.C. That follows with a 10-day stint at the Western Canada Theatre Company in Kamloops, B.C. From there, the play makes stops in Alberta, Ontario, Prince Edward Island, New Brunswick, and at several venues across Nova Scotia.

Written by Jennifer Overton, *God's Middle Name* is the tale of one mother's journey through an uncharted territory of raising an autistic child. It explores the struggles and celebrations of the many challenges life can throw one's way. **METRO HALIFAX**

**In brief**

**CONCERT** The all-ages Stars show originally set for The Greenwood on Sunday, Nov. 2, has been moved to St. Matthew's United Church at 7:30 p.m. Tickets purchased for The Greenwood will still be honoured. Tickets are \$25 in advance and \$30 on the day of the show.

**PERFORMANCES** The final shows for DRUM's month-long stint in Halifax take place today through Sunday at the Bella Rose Arts Centre. There are evening performances today through Saturday at 7:30 p.m., and matinees on Saturday at 4 p.m. and Sunday at 3 p.m. For tickets, phone 451-1221 or go to [www.ticketatlantic.com](http://www.ticketatlantic.com).

**OPERA** Dalhousie University's Sunday Night at the Opera continues with Peter Grimes by Benjamin Britten on Sunday, Oct. 19, at 7 p.m. at the MacMechan Auditorium inside the Killam Library. Admission is free, but seating is limited. To reserve a spot e-mail [michael.parker@dal.ca](mailto:michael.parker@dal.ca).

**METRO HALIFAX**

## Personality before beauty, Miss Nova Scotia says

PHILIP CROUCHER  
philip.croucher@metronews.ca

**PAGEANT** Carolina Quintana wishes she could wipe away the stereotypes and misconceptions that can come with being a beauty pageant contestant.

Yes, the women who enter are beautiful, but they are more than just pretty faces, she said.

"A beautiful woman is one of the things still acceptable to judge. I think it's unfortunate," said the 24-year-old Dartmouth resident and reigning Miss Nova Scotia World.

"I know when I decided



Carolina Quintana is the reigning Miss Nova Scotia World.

to go into the pageant last year, a lot of my own friends said, 'You're going to do great because you're

**"A beautiful woman is one of the things still acceptable to judge. I think it's unfortunate."**

Carolina Quintana

the whole package. You're intelligent and the other women won't be."

"Then I thought, 'You don't know. How are you assuming that?'"

"Then once I saw it myself, it totally is a stereotype."

Quintana is handing over her crown on Sunday when the Miss Nova Scotia

World pageant show takes place at the Lord Nelson Hotel in Halifax starting at 3 p.m.

Thirteen women aged between 17 and 24 have qualified to become the next Miss Nova Scotia World, which last year chose Quintana as its winner through an interview process rather than a pageant.

"Obviously it's important to look great. You have to be able to put yourself together and have a healthy body," said Quintana, a judge for Sunday's show.

"But you can be taught how to do your make-up

and hair. It's more important to have the personality."

"We're looking for someone who is articulate, confident," she added.

"We're looking for someone who has a lot of interest in doing community work too, because that's mainly what she's going to be doing."

Besides the volunteering, which includes work with children, the new Miss Nova Scotia World will travel to Toronto in March to compete in Miss World Canada.

The top-three contestants from Sunday's show will advance to Toronto.



Dominic Monaghan and Freddy Rodriguez have signed on to star in *Fortuna*, a horror movie set in 2100 when global economic and climate crises lead to the elimination of the middle class, leaving only the mega-rich and the severely poverty-stricken. **E! NEWS ONLINE**

★★★★★ A CLASSIC; ★★★★★ EXCELLENT; ★★★ GOOD; ★★ FAIR; ★ POOR

# Oasis 'Dig Out' Beatles riffs

## Oasis

**Album:** Dig Out Your Soul  
**Label:** Big Brother/Warner  
**Rating:** ★★★★★

**TO EXPECT** this Britpop act to regain its mid-'90s peak might be asking for the moon. But this seventh album stands as the first time in a while that the Brothers Gallagher et al. actually sound like they care about what they commit to disc. When they're on, Bag It Up, Ain't Got Nothin' and The Shock Of The Lightning swirl gloriously with louder guitars, looser 'n' brasher backbeats and singer Liam Gallagher's cocky Britpop snarl. When they're off, Oasis spiral into Beatles wannabes, riff-copping from The Doors and Pink Floyd, even rewriting the '60s hit Hi-Heel Sneakers and passing it off as (Get Off Your) High Horse Lady ... so typical Oasis.

Ian Nathanson/for Metro Canada

## Jennifer Hudson

**Album:** Jennifer Hudson  
**Label:** Arista/Sony BMG  
**Rating:** ★★★★★

**WHY EVERY** R&B artist feel compelled to pad out their album with three or four big-name "friends"? So it is with Jennifer Hudson's debut with three tracks featuring Ludacris, Fantasia and T-Pain. Hudson doesn't need their help. She's got one of the finest R&B voices since Whitney. When Ludacris steps in on the already edgy Pocketbook, you want to smack him off the microphone. And the title of Track 4, What's Wrong (Go Away) can only be about T-Pain and his evil voice distorter. Hudson's extraordinary vocal talent manages to win out over all this friendly interference and synthetic production. Tracks like Giving Myself and You Pulled Me Through are killers.

Graham Rockingham/for Metro Canada



Dig Out Your Soul, the latest album from Britpop act Oasis, is now available in stores.

## Bob Dylan

**Album:** Tell Tale Signs Rare and Unreleased 1989-2006  
**Label:** Columbia/Sony BMG  
**Rating:** ★★★★★

**A LOT OF** artists have prolific careers, but how many can say that they've recorded eight albums worth of rare unreleased material? Only one: Bob Dylan. The latest in-

stallment of the legendary folkie's "Bootleg Series" — the first was released in 1991 — covers his years from Oh Mercy to 2006's Modern Times and boy, it's a doozie. Even though these tunes are a combination of throwaways, demos, movie tracks and unreleased material, almost all 27 songs are brilliant. It's hard to choose what's best here, but the thumping, stripped-down disc opener Mississippi is a good start.

Bryan Borzykowski/for Metro Canada

## The Clash

**Album:** Live At Shea Stadium  
**Label:** Sony BMG  
**Rating:** ★★★★★

**ONLY THE WHO** could have had The Clash open for them. The Clash would have blown any other band off the stage. They were that good, perhaps the last of the great rock 'n' roll bands.



## AlbumReviews

music@metronews.ca

There'll be lots of debate about whether this 1982 concert at Shea Stadium (yes, they opened for The Who), represents The Clash at its best. It's certainly the band at its tightest and most popular. The dissension that had already started to tear apart the band is not apparent here. And Strummer, Jones, Simonon and Chimes are play all the hits. London Calling, Rock the Casbah, Train In Vain, Should I Stay Or Should I Go, Spanish Bombs, Guns Of Brixton, I Fought The Law, Police On My Back and the magnificent Clampdown. Live At Shea is not up there with Live At Leeds, but worth a listen to experience this great band in concert.

Graham Rockingham/for Metro Canada

Read reviews of Les Paul & Friends, Mobile and Rise Against at [metronews.ca/music](http://metronews.ca/music)

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Line-up subject to change

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## Folds finds drive to write

BRYAN BORZYKOWSKI  
for Metro Canada

Whether you like pop pianist Ben Folds or not, it's hard to argue that the New York-based artist hasn't had a prolific career. He's released four critically acclaimed records with Ben Folds Five, three solo albums and he's worked with everyone from William Shatner to Nick Hornby. So it's surprising to hear that he finds writing songs a constant struggle.

"I've gone through stretches of time without even considering writing a song," he says from his place in the Big Apple. "When I get caught up in work, or life or promotion I stop writing."

Some of those non-writing stretches have been so bad that Folds wondered if he'd ever pen another song again. So, for his new album, *Way To Normal*, he made sure his producer Dennis Herring, who has worked with Modest Mouse, would push him to write.

"Dennis was good about keeping me motivated," he says. "But I'm trying to hang on to my writerdom because it's valuable and if I've got enough initiative



Ben Folds' latest album, *Way To Normal*, came out last week.

to finish these songs, everyone will get to hear another track."

And that would be good news for Folds' still rabid fans. His new album isn't a major departure from his previous work — the artist's best writing is and always will be based on his piano-driven pop — but it's sugary hooks and familiar cynicism will easily satisfy his dedicated followers, and possibly win over new listeners, too.

Although the album has been completed for months, he hasn't rested on his laurels. In fact, he wrote another album, dubbed the *Fake Album*, after *Way To Normal* was completed.

Folds leaked six songs — which were recorded in one night, and are surprisingly well done all things considered — to the Internet in the hopes that some people would be tricked into thinking the tunes were off the new disc. While he wanted to screw with downloaders, he also wrote the disc "partially because I was in the groove for writing songs."

It's clear that he's trying hard to stay focused on his songwriting, though he admits that's easier said than done. "I'm definitely motivated," says the fast-fingered keyboardist. "But I'm promoting my record 24 hours a day, so who knows what will happen."



**Hicks' indie partnership**

Season 5 American Idol winner Taylor Hicks has partnered with indie company Artist to Market, in conjunction with his own label, Modern Whomp Records, to release his second solo album next winter. **TVGUIDE.COM**



Above: Jennifer Hubbard, left, Bradley Peats, Jennifer Spearman, and Mike Spearman at the Cunard Centre for the Port of Wines festival grand tasting.



Left: Roman Husiuk and Carolyn Pineau show off their backstage passes to see Regis Philbin at Casino Nova Scotia.



Left: Tasha Doncaster, left, Mark Wheeler, and Jillian Mihichuk doing a little sampling at the Port of Wines festival grand tasting.



Right: Dana Grant and Leah Mark push their palates to the limit at the Port of Wines festival.



Left: Cheryl Sheppard and Natalie Swift prepare to celebrate Alexander Keith's 213th birthday.



Above: Susan Jeffries, left, Geoff Peladeau, and Jennifer Stewart-Cadman at the Democracy 250 18th century costume ball at the World Trade and Convention Centre.



Right: Bridget Bezanson and Michael Pellerin at the Democracy 250 costume ball.



Above: Wendy and Harold Nesbitt in line to meet Regis Philbin in person at Casino Nova Scotia.



Above: Casino Nova Scotia's Amie Moore with Regis Philbin backstage at the Schooner Room.

## Mr. Keith, democracy celebrate brithdays

### HalifaxScene

**Jamie Paterson**



In the blink of an eye, I was transported back to the 1750s this week.

Thursday evening found me feeling somewhat underdressed at the World Trade and Convention Centre, as dignitaries dressed to the nines for the Democracy 250 Costume Ball.

Powdered wigs, curls and ball gowns of every colour were everywhere, as the dinner tried to recapture a dinner and dance from the 18th century. D250 co-chairs John Hamm and Russell MacLellan were almost unrecognizable.

Digby-Annapolis MLA Harold (Junior) Theriault kept telling everyone he was the governor of Acadia. But the night was about more than frills and playing dress-up. Proceeds went to the Mi'kmaq Maliseet Atlantic Youth Council.

Unfortunately, weather put an end to many of the outdoor events last Thurs-

day, but the fireworks were saved for the next night.

It was a celebration of the grape this past week at the Cunard Centre, as the cork was popped on the Port of Wines Festival 2008.

The Winemaker's Dinner kicked it off Thursday with an auction in support of Symphony Nova Scotia. That was just the warm-up to the grand tastings, with over 300 wines from 13 countries.

Many of the wines have never been seen on the shelves at the NSLC, so it was a great opportunity to expand the palate.

Argentina was the focus of this year's festival and had something for every price range. I do have to admit that when it comes to tasting wines, I am a heathen. No spitting for me, that's just rude!

Friday saw the first of two nights of old-fashioned entertainment at Casino Nova Scotia. Regis Philbin brought his stage show to town.

"The Hardest Working Man in Television" is now known for his daily chat show, but his career extends back to the glory days of television and his work with the Rat Pack.

Philbin's stage show is a throwback to that era, with a combination of mu-

sic, storytelling and interaction with the audience.

Nova Scotians gave him a warm welcome before he even arrived, sending him gifts from the province like sou'westers and maple syrup.

By Sunday, the city was in fine form. First up was a birthday party over two centuries in the making. Alexander Keith is now 213 years old. Every Oct. 5, the man — whose name is synonymous with Maritime ale — is feted with music and, what else, beer!

This year's bash was a more private affair held in Citadel Hill. Celebrants couldn't buy tickets, so I found myself trying to charm a centurion at the gate.

This year's bands presented a stellar line-up including Wintersleep and Slowcoaster. Thankfully it was just a roll down the hill to see the Hopping Penguins perform at the grand opening celebration of the Elephant and Castle. The chain of British pubs has taken up residence in the old Merrill's location on George Street.

If you have a celebration you want me to cover, drop me a line.

When he's not making the Scene, Jamie Paterson hosts The Drive and The Beatlebrunch on KOOL FM in Halifax



## House fire guts Nolte's Malibu home

**BLAZE** A fire at Nick Nolte's home in Malibu, Calif., gutted his living room, but the actor escaped with minor injuries after trying to douse the flames with a garden hose, officials said.



Nick Nolte

The Tropic Thunder star suffered smoke inhalation and minor abrasions in the fire, which was caused by an electrical problem, Inspector Sam Padilla, a spokesman for the Los Angeles County Fire Department, said.

The fire caused \$3-million in damage to the structure and contents of the house but the home was not destroyed, Inspector James Barnes of the fire department said.

"Nick Nolte was there apparently with a water hose trying to extinguish the fire himself and of course we came to help him out," Barnes said.

REUTERS

# New life injected into Life on Mars

## IntelleVision

**Rick McGinnis**

rick.mcginis@metronews.ca

**TIME AFTER TIME:** The American adaptation of the British hit *Life on Mars* premieres tonight on ABC and Global after a troubled production history that only confirmed the deep misgivings fans of the original show have felt since it was announced almost a year ago, back when David E. Kelley was still supposed to be at the helm.

Kelley is long gone, and the North American version has already gone through an almost total recasting and change of location since the first pilot was leaked onto the Internet back in June.

Both versions of the pilot

stuck pretty closely to the plot of the BBC original — police detective Sam Tyler is chasing a killer who has abducted his police officer girlfriend when he's hit by a car and wakes up 25 years in the past, on the same spot, but wearing a greasy leather coat and shirt with period-perfect wing-like collar. The iPod in his car playing the David Bowie song that gives the show its title has been transformed into an 8-track player, and his high-tech, politically sensitive squad room replaced by a gang of thugs with badges led by one Gene Hunt, a walking violation of Miranda rights.

Only Jason O'Meara as Tyler survived the recasting and location change ABC made over the summer. The original pilot, set in 1973 Los Angeles, was pretty dismal stuff — Colm Meaney's Gene Hunt was completely lacking the swagger and menace of

Philip Glenister in the original, but let's not be too hard on Meaney; Glenister's Hunt was a tour de force role by a great actor primed and ready for a role this good. ABC had to call in the big guns — Harvey Keitel, in this case — to find an American Hunt that came close to Glenister's original, and though Keitel doesn't have near the profane joy of Glenister as Hunt, he brings a new hint of perversity and the added cache of having helped define the cinematic image of New York in the '70s with his roles in *Mean Streets* and *Taxi Driver*.

O'Meara's second shot at Tyler is a major improvement from his first, and the major lack of chemistry between Tyler and Rachel Lefevre's proto-feminist policewoman Annie Cartwright was solved by casting Gretchen Mol in the role's New York rethink.

Putting Mol in a fetching

uniform that echoes Liz White's Annie in the U.K. version was inspired, as was the chase scene in the reshoot pilot set to The Sweet's Little Willie. The shot of Tyler gazing in shock at the still-standing World Trade Center towers was perhaps a bit obvious, but it worked, and the pacing of the New York pilot was infinitely better, as was the production design, which marvelously evokes the craptacular steaminess of the city's "Ford to New York: Drop Dead" era. There are still major problems with ABC's *Life on Mars*, but it's head and shoulders above awful pilot for *Fringe*, which has nonetheless won season renewal from Fox, but only time — and ratings — will tell whether there's life in this *Life on Mars*.

Rick McGinnis writes about music, movies, books and television, but not opera.

## May-Treanor has surgery for injury

### ON THE MEND

Olympic volleyball star Misty May-Treanor is recovering from surgery after an ankle injury forced her to pull out of U.S. TV talent show *Dancing With The Stars*, imdb.com reports. The two-time Olympic gold medal winner damaged her Achilles tendon during rehearsals for the hit program on Friday. She was forced to cancel her run on the show.

"Thanks for all your concern and well wishes for Misty. I wanted to let you all know Misty had a successful surgery on her ruptured Achilles this morning. She is currently at home recovering," her spokesperson tells *Us* magazine.com.

May-Treanor appeared on crutches and with her leg in a cast at the end of the show on Monday, telling viewers: "I heard a pop. I was doing the Lindy Hop. I thought I flew out of control and hit the judges' stairs, or it felt like I got hit in the back with a baseball bat. Then, I just couldn't put weight on it."

Her dance partner on the hit show, Maksim Chmerkovskiy, added, "This whole thing is really sad."

METRO NEWS SERVICES

## Spears' licence trial to continue

**COURT** Britney Spears' driving without a licence trial will continue as scheduled, according to a ruling released Tuesday, TMZ.com reports.

The pop star's lawyer was trying to have the case put on hold or dismissed entirely. A pretrial hearing was set for earlier this week, with the trial set to begin yesterday. The trial stems from a misdemeanor charge of driving without a valid California driver's licence.

METRO NEWS SERVICES

## critics' corner

### Eleventh Hour

In this new drama series, it's the job of Jacob Hood, a biophysicist who works as an adviser to the government, to fight those who would use scientific breakthroughs for bad ends. British actor Rufus Sewell ("John Adams") plays Hood, with Marley Shelton as the FBI agent assigned to watch his back. 11 PM on ASN, CBS



### CSI: Crime Scene Investigation

Last season, the CSI team was shaken by the death of one of its own: Warrick Brown, gunned down by an undersheriff unhappy with his plans to pursue the case of a mobster's murder — a case in which Warrick himself had been a suspect. Now his colleagues must deal with their grief in the season premiere, "For Warrick," 9 PM on CUCH; 10 PM on CBS

### Kath & Kim

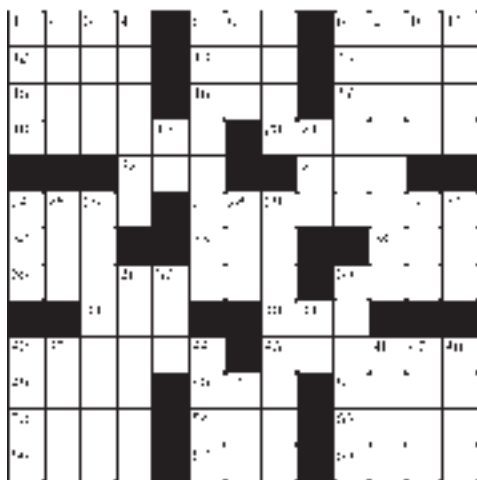
Only eight years apart in real life — which is seven years wider than the gap between their counterparts Down Under — Molly Shannon and Selma Blair play the titular mother and daughter in this Americanization of a hit Australian sitcom. Kath is a 40-something divorcee, and Kim is her spoiled offspring, who moves back in with her after a failed marriage. Next stop, Dysfunction Junction. 9:30 PM on NBC

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/09	31	31	31	ABC News (N)	ABC World News	Inside Edition	Chronicle	Ugly Betty (N)		Grey's Anatomy (N)		Life on Mars
	7	7	7	ASN The Road to Avonlea	Robson Arms	TMZ (N)	To Be Announced	America's Next Top Model (N)		Eleventh Hour		
	11	11	11	CBC Coronation St.	Jeopardy! (N)	NHL Hockey Toronto Maple Leafs at Detroit Red Wings (Live)		HNIC-Rocks Concert				
	2	2	2	CBC-F Terre humaine	Grand-papa	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		Grosse vie (N)	C.A. (N) (SC)	Le Téléjournal
	32	32	32	CBS News (N)	Evening News	The Insider (N)	Entertainment	Survivor: Gabon (N)		CSI: Crime Scene Investigation		Eleventh Hour
	69	69	69	CTMI TVA 18 heures	Le Cercle (SC)	La Fievre de la danse (SC)	Occupation double	Vlog (SC)		TVA 22 heures		
	6	6	6	CHIF Entertainment	ET Canada	Life on Mars (N)	Survivor: Gabon (N)	The Office (N)		SNL Update		News (N)
	9	9	9	CJCH etalk	Dance	ER (HDTV) (N)	CSI: Crime Scene Investigation	Grey's Anatomy (N)		News (N)		
	10	10	10	ELTV (6) EastLink Television			Podium TV	EastLink Television				
	36	36	36	FOX Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	MLB Baseball National League Championship Series Game 1 -- Teams TBA.				
prime time	12	12	12	NBC News (N)	NBC News	Extra (N)	Extra (N)	Name Is Earl	Kath & Kim (N)	The Office (N)	SNL Update	ER (N)
	29	29	29	NW World News	Business	CBC News: Around the World	Canada Votes: Your Turn	Canada Votes: Your Turn	Great Performances "Primo"	CBC News: The National		National
	4	4	4	PBS-NW NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	This Old Hse.	Hometime	Ask This Old	Michigan	Spain-On Road
	35	35	35	PBS-D NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Grande file	Loft Story	La Maison du secret (2007, Suspense)	Tori Spelling.			110 pour cent
	68	68	68	TQS (6:30) Le Retour (SC)	Market Call	Commodities	GetConnected	Business News	Squeeze Play	Market Call		Cooper 360
	23	96	96	BNN Business News	Headline	Lou Dobbs Tonight	CNN Election Center			Squire King Live		
	18	18	18	CNN (5) The Situation Room								
	54	54	54	GOLF PGA Tour Golf	Post Game	LPGA Tour Golf	Longs Drugs Challenge -- First Round.					PGA Tour Golf
	52	52	52	RSE Prime Time Sports	SportsCenter	MLB Pregame	MLB Baseball National League Championship Series Game 1 -- Teams TBA.					
	55	55	55	SCOR Hockey Talk	Game On	Score on NFL	College Football	Clemson at Wake Forest. (Live)				
news	45	45	45	SPD Unique Whips	Pinks	Pass Time	Pinks -- All Out			Pinks -- All Out (HDTV) (N)		Wrecked (N)
	53	53	53	TSN Off the Record	SportsCentre	That's Hockey!	2008 World Series of Poker			2008 World Series of Poker		SportsCentre
	43	43	43	FAM Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han, Montana	Life Derek	Ned's School
	44	44	44	TOON World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show	6teen		Total Drama	Futurama	The Critic (N)
	26	26	26	TREE Max & Ruby	Backyardigans	Ni Hao, Kai-lan	Night Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch
	27	27	27	YTV Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	16	16	16	A&E Cold Case Files (HDTV)	CSI: Miami	"Kill Zone"	The First 48 (HDTV)			The First 48 (HDTV)		Jacked: Theft
	70	70	70	APTN News	Suaguan (N)	Rez Rides	Next! Youth	renegadeexpress	Black Cloud ** (2005, Drama)	Eddie Spears.		Gangster
	50	50	50	BET 106 & Park: BET's Top 10 Live Top	10 countdown. (Live)		Young Cesar (2007, Drama)	Clifton Powell, Sam Sarpong.				
	37	37	37	BRVO Street Legal	Desperate Housewives	Camera	In the Mind ...	Heavy Metal ** (2005, Documentary)				
sports	97	97	97	CLT Mysterious Ways	Judging Amy	My Boy Jack (2007, Docudrama)	David Haig, Daniel Radcliffe.			Mysterious		
	25	25	25	CMT Fortune's Favour	Tara Diaries	The Wilkinsons	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	
	49	49	49	COM Laughs	Comedy Now	Air Force	Just for Laughs			The Simpsons	South Park	VIP
	153	153	153	COURT Truth, Duty, Valour	The Investigators	The Investigators	Cops Uncut	Dumb Criminal	Navy SEALs: Untold Stories	Investigators		
	38	38	38	DISC How It's Made	How It's Made	Daily Planet (N)	Mystery of the Crystal Skulls			The Fix	Disaster DIY	Home to Flip
	48	48	48	HGTV Holmes on Homes	House Hunters	Property Virgin	Holmes on Homes			Secrets of the Dead	NCIS	Greek
	46	46	46	HIST The Perfect Weapon	NCIS "Marine Down"	Lost Worlds	MTV's Top Pop Group	Is This the Real Life?	Revival	Where You At	Work for Diddy	
	17	17	17	MM Pimp My Ride	disBand	Greek "Multiple Choice"						
	19	19	19	MMM MusicProfile	mmmtop10.com	Back In						
	201	201	201	M1 (6:25) Sharkwater	Sharkwater	Cyborg Soldier (2008, Science Fiction)				The Kite Runner ** (2007, Drama)		
family	23	23	23	OLN The Amazing Race 3	Ed's Up	Videos	Commando: On the Front Line			Survivorman		Pilot Guides
	51	51	51	PEACH Seinfeld	Friends	House-Payne	House-Payne	Cellular ** (2004, Suspense)	Kim Basinger.			Cheers
	206	206	206	PIX (6:15) Hard Core Logo	(7:55) Major Dundee *** (1965, Western)					Jackie Brown (1997, Crime Drama)		
	67	67	67	RDI RDI in direct	RDI in direct	RDI in direct	Elections	Grands reportages (SC)		Le Téléjournal (SC)		RDI in direct
	39	39	39	SHOW EastEnders	Spaced	Painkiller Jane	ReGenesis (HDTV)			Trailer Park	Trailer Park	Saving Grace
	40	40	40	SLICE Matchmaker	Til Debt-Part	End of Leash	ET Canada	Rich Bride, Poor Bride		X-Weighted		Biggest Loser
	47	47	47	SPACE Stargate SG-1	Lost "Do No Harm"	Star Trek: Voyager			Battlestar Galactica			Chuck
	14	14	14	SPIKE CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: NY "DOA for a Day"				TNA IMPACT! (HDTV) (N)		
	98	98	98	STAR FashionTele	Look-A-Like	The Ellen DeGeneres Show	TMZ (N)	etalk		Politics	In Fashion	Tonight Show
	21	21	21	TLC What Not to Wear: Spouse	LA Ink (HDTV)	Overhaulin' (HDTV)				American Chopper (N)		LA Ink
cable variety	34	34	34	TROP Make or Break	Naked Fashion	Beverly Hills, 90210	Make or Break	What Happen?		Family Guy	Seinfeld	Seinfeld
	20	20	20	TVS Que-champion	Journal de F2	Tour une histoire	Club social			Envoyé spécial		
	28	28	28	W Jazi-H "Crush" (DVS)	Murder, She Wrote	Wait for God	Keeping Up			Ghosts of Mississippi (1996, Docudrama)		
	22	22	22	W Shopping Bags	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Open House
	251	251	251	WGN Be-Millionaire	Evening News	Two/Half Men	Family Guy	Smallville "Instinct" (N)		Supernatural (HDTV) (N)		WGN News





## Take Five



## Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		2					8	4
	3	9		4	8			
6			1					
1		7	6		2			
	5							9
			3		5	2		1
					4			7
			7	6		3	1	
8	7					9		

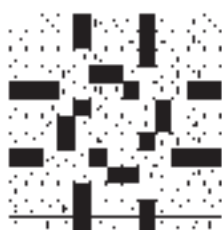
## Crossword across

- |                                |                                  |                     |
|--------------------------------|----------------------------------|---------------------|
| 1 Galvanizing material         | 22 Vast expanse                  | 42 Changes          |
| 5 Recent horror film franchise | 23 Crow's cousin                 | 45 Snacked (on)     |
| 8 Invitation initials          | 24 Three-piece suit feature      | 49 Mideast strip    |
| 12 Hydrox look-alike           | 27 Rule out                      | 50 Comical sort     |
| 13 Ante-                       | 32 Mischievous tyke              | 52 Path left behind |
| 14 Duel tool                   | 33 Kreskin's claim               | 53 Finished         |
| 15 Ham's dad                   | 34 One side of the Urals (Abbr.) | 54 Hearty brew      |
| 16 Real estate ad abbr.        | 35 The "who" in a whodunit       | 55 Divisible by two |
| 17 "Phooey!"                   | 38 Bohemian                      | 56 Indiana city     |
| 18 Clothe                      | 39 A Gershwin                    | 57 Standard         |
| 20 Ordeals                     | 40 Hostel                        | 58 Take five        |

## Crossword down

- |                                 |                              |
|---------------------------------|------------------------------|
| 1 Region                        | 28 British verb suffix       |
| 2 Press                         | 29 Type of spaniel           |
| 3 Approach                      | 30 See 47-Down               |
| 4 Kelly, to Regis               | 31 Ironically humorous       |
| 5 Butter knife, e.g.            | 36 Glum                      |
| 6 Branch                        | 37 Listener                  |
| 7 Into the sunset               | 38 Response                  |
| 8 "Automatic" telephone feature | 41 "Fuhgeddaboutit!"         |
| 9 One sitting carelessly        | 42 Enthusiastic, plus        |
| 10 Osso buco meat               | 43 Stromboli outpouring      |
| 11 Household members            | 44 Trade                     |
| 19 Exist                        | 46 Possess                   |
| 21 Vitamin stat                 | 47 With 30 Down, supplements |
| 24 Energy                       | 48 Fender bender result      |
| 25 Ostrich's kin                | 51 Carte lead-in             |

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	2	8	1	9	4	3	6
9	4	8	2	3	6	1	5	7
1	3	6	5	4	7	2	8	9
8	6	9	7	5	1	3	2	4
3	5	4	6	9	2	8	7	1
2	1	7	3	8	4	9	6	5
7	9	3	1	2	5	6	4	8
6	2	1	4	7	8	5	9	3
4	8	5	9	6	3	7	1	2

## Find today's answers + play more games at metronews.ca

## SUDOKU SOLVE TIME:

- |                         |                             |
|-------------------------|-----------------------------|
| Under 13 min.....Genius | 17-21 min.....Smart         |
| 13-17 min.....Scholar   | 21-25 min.....Not bad       |
|                         | 25+ min.....Keep practising |

## Recipe of the day



## Orange beef stir-fry with broccoli and red pepper

## INGREDIENTS:

- ½ cup (250 mL) orange juice
- 2 tbsp (25 mL) reduced-sodium soy sauce
- 1 tbsp (15 mL) oyster-flavoured sauce
- 1 tbsp (15 mL) rice vinegar
- 1 ½ tsp (7 mL) hot red pepper sauce
- 1 ½ tsp (7 mL) cornstarch
- 1 tbsp (15 mL) vegetable oil
- 12 oz (340 g) flank steak, trimmed, halved lengthwise and cut into ¼-in. (5-mm) strips
- 1 tbsp (15 mL) minced fresh ginger
- 2 tsp (10 mL) freshly grated orange zest
- 3 garlic cloves, minced
- 1 cup (125 mL) sliced onion
- 1 lb (500 g) broccoli crowns, cut into 1-in (2.5-cm) florets
- 1 red or yellow pepper, cut into 2-in x 1/4 -in. (5-cm x 5-mm) slivers

## METHOD:

- In bowl, whisk orange juice, soy sauce, oyster sauce, vinegar, red pepper sauce and

- cornstarch; set aside.
- Heat 1 tsp (5 mL) oil in large skillet or wok over high heat. Add half the steak and cook until browned underneath (about 1 minute). Turn and cook again (about 30 sec). Transfer to a plate. Repeat with remaining steak.
- Add remaining oil to skillet. Add ginger, orange zest and garlic. Stir-fry until fragrant. Add onion and stir fry for 1 minute. Add broccoli and pepper, then stir-fry for 30 sec. add ¼ cup (50 mL) water, cover, and cook until crisp-tender. Push vegetables to the outer edges of pan. Stir reserved sauce, pour into centre of pan and cook, stirring, until glossy and thickened. Stir vegetables into sauce, return steak to skillet, and turn to coat.

## SERVES 4



## Horoscopes

## ARIES

**MARCH 21-APRIL 20**  
You'll inspire thoughts of generosity. A significant meeting occurs in an out of the way place. Others may panic, but you'll go with the flow.

## LIBRA

**SEPT 23-OCT 23**  
Be practical with a professional. Relief materializes after hearing some news. Don't make a stand in a tense situation.

## TAURUS

**APRIL 21-MAY 21**  
A tempting bargain is offered. Read the fine print before you sign anything. Your response can make a difference.

## SCORPIO

**OCT 24-NOV 22**  
You'll search desperately for something important. A close friend feels down in the dumps. Someone's wish can worsen a situation.

## GEMINI

**MAY 22-JUNE 21**  
Too much closeness may defuse an infatuation. The energy you need will magically appear. Frustration results from a careless comment.

## SAGITTARIUS

**NOV 23-DEC 21**  
Illness cancels plans for the evening. You hear good news about a potential job. Try a different approach to a predicament.

## CANCER

**JUNE 22-JULY 22**  
A conversation makes you euphoric. A lost shoe appears in an odd location. A naïve guy makes something happen.

## CAPRICORN

**DEC 22-JAN 20**  
Avoid obsessing over trivial mistakes. An intimate friend speaks the truth. Beware of overeating to get emotional comfort.

## LEO

**JULY 23-AUG 23**  
Inspirational news has you dancing for joy. A missing person is gossiped about. An unbelievable friend will succeed.

## AQUARIUS

**JAN 21-FEB 18**  
Find your dream job through an old friend. Elevate yourself beyond anxiety. Think twice about changing your appearance.

## VIRGO

**AUG 24-SEPT 22**  
A troublemaker is being finicky about details. You'll find what you're looking for. A strong-willed person inspires you to claim your freedom.

## PISCES

**FEB 19-MARCH 20**  
Your personal magnetism is set on high. Very little progress is made on an important project. Your resilience comes to the forefront.

## WORDY GURDY



## This day in history

- OCT. 9, 1003: Leif Erikson lands in L'Anse aux Meadows, Canada, becoming the first European to reach America.
- OCT. 9, 1582: Because of the implementation of the Gregorian calendar, this day does not exist in this year in Italy, Poland, Portugal and Spain.
- OCT. 9, 1604: Supernova 1604, the most recent supernova to be observed in the Milky Way.
- OCT. 9, 1824: Slavery is abolished in Costa Rica.
- OCT. 9, 1967: A day after being caught, Che Guevara is executed for attempting to incite a revolution in Bolivia.
- OCT. 9, 2007: The Dow Jones Industrial Average closes at an all-time high.

METRO NEWS SERVICES

## IT'S ALL ABOUT THE BUZZ.

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Comedian Andy Dick is suing the bosses of a construction company over claims they never completed the contracted renovation of his home. **IMDB.COM**

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## Celebrity Buzz

# Renee bulking up for love?

**HEALTH** Renee Zellweger has reportedly gained 10 pounds in a bid to find a new man, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

"Renee was worried her slim frame made her look gaunt, sickly and, worst of all, old. She is going to be 40 in six months and doesn't want to be single then," a source said.

Zellweger, who packed on the pounds to play Bridget Jones in the 2001 movie *Bridget Jones's Diary* and the 2004 sequel *Bridget Jones: The Edge of Reason*, has reportedly completely changed her diet to maintain her new curvy figure.

"Renee used to eat only fresh fruit for breakfast, but now she allows herself the odd doughnut or bagel with cream cheese," the source added to *Look* magazine. "Instead of working out five or six

times a week, Renee isn't freaking out if she misses a session. She was so focused on maintaining a killer body that she was neglecting other aspects of her life."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

## Latifah mum on sex life

**SEXUALITY** Rapper/actress Queen Latifah is not answering questions about her sexuality, [usmagazine.com](http://usmagazine.com) reports.

"I don't have a problem discussing the topic of some body being gay, but I do have a problem discussing my personal life," Latifah, 38, told Sunday's *New York Times* magazine.

"You don't get that part of me. Sorry," she added. "We're not discussing it in our meetings... Nobody gets that. I don't feel like I need to share my personal life, and I don't

care if people think I'm gay or not," she said. "Assume whatever you want. You do it anyway."

Latifah had been linked to her long-time personal trainer. Last December, she denied rumours that they were getting married.

"People will make up all sorts of things that are not true," she told the *Chicago Sun-Times*. "There ain't gonna be no wedding."

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## celebrity brief

### Winslet denies taking Westwood role

**CASTING** Actress Kate Winslet has denied she will portray Vivienne Westwood in an upcoming movie about the fashion designer's life, [imdb.com](http://imdb.com) reports.

Reports last week suggested Winslet was poised to play the punk icon in a biopic documenting the designer's rise to fame from the 1970s to the present day.

But both Winslet and Westwood's representatives insist the role remains open, claiming original reports by *British Vogue* were

"blown completely out of proportion."

Winslet's spokesperson tells *People.com* reports of the actress taking the role are "not at all true."

A spokesperson from Westwood's team adds:

"The script has not even been finished yet, let alone casting. Kate Winslet was just one of many names that were mentioned as possibles to play

Vivienne, but this whole thing has been blown completely out of proportion."

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## celebrity brief

### Bunton not buff

**FITNESS** Hollywood stars Jessica Alba and Nicole Kidman managed to get back into shape in a matter of months after giving birth.

But for former Spice Girl Emma Bunton, regaining her former svelte figure has taken her well over a year, the *Daily Mail* reports.

Admittedly, she said, she's been slow because she needs pushing to hit the gym. "I usually need someone to come and give me an extra push," Bunton says. **METRO NEWS SERVICES**

## West won't say he's sorry for scuffle

**CELEBRITY** Grammy-winning rapper Kanye West is reportedly refusing to apologize to the paparazzi in Los Angeles over a scuffle last month, instead requesting they leave him alone, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

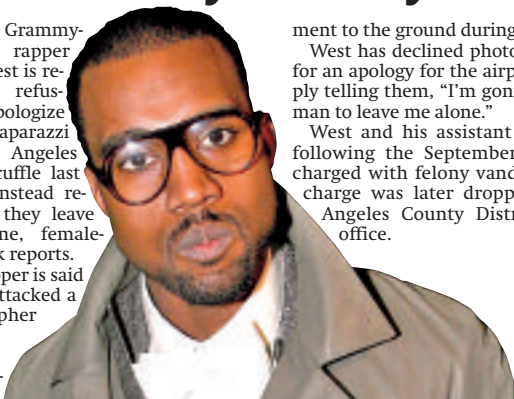
The rapper is said to have attacked a photographer and smashed his equip-

ment to the ground during a struggle.

West has declined photographers' calls for an apology for the airport fracas, simply telling them, "I'm gonna ask you as a man to leave me alone."

West and his assistant were arrested following the September incident and charged with felony vandalism, but the charge was later dropped by the Los Angeles County District Attorney's office.

METRO NEWS SERVICES





**Gangster goes good**

Frank Lucas, the drug king portrayed by Denzel Washington in *American Gangster*, is embarking on a U.S. tour to preach against violence and crime to kids. **IMDB.COM**

entertainment **23****Celebrity Buzz****HELLO! Hot shot of week**

Actress Halle Berry's beau Gabriel Aubry arrives at Toronto's Light Lounge to meet fans with his band, Café Fuego. "It feels great to be here," the Montreal-born 32-year-old Calvin Klein model, who has a six-month-old daughter, Nahla, with his superstar girlfriend, told Hello! Canada. **hellomagazine.com**

**Watts scared sexy during filming of horror flick**

**MOVIES** Naomi Watts was reportedly so terrified of shooting scenes for the horror movie *Funny Games* she sought comfort in partner Liev Schreiber — and accidentally conceived their first child, **IMDB.COM**

The actress turned to Schreiber during breaks in filming in a bid to shake off the psychological effects of the English-language remake of Michael Haneke's 1997 German movie. But Watts's fear soon turned to happiness af-

ter learning she was pregnant with their son Alexander Pete.

"I have to say that I conceived during this film," she says. "I think I was creatively fulfilled."

But Watts is adamant her son will never see the film.

"I certainly don't want my son to see this film for a very long time. When he's an adult, he's going to make his own decisions about what he sees, and hopefully he'll understand my reasoning behind it."

Watts is expecting the couple's second child.

**METRO NEWS SERVICES**

**No surgery for Kardashian ... yet**

**CELEBRITY** In response to all the rumours about plastic surgery that she has been accused of having, reality TV star Kim Kardashian has posted a bikini shot of herself, taken when she was 14, on her website, **kimkardashian.com**, **intouchweekly.com** reports.

"I have decided to post this picture to finally put all of the plastic surgery rumours to rest!" writes Kardashian. "I hope after seeing this you guys will never ask me a plastic surgery question again!"

But never say never. Although she denies having surgery now, Kardashian isn't opposed to the idea.

"I am definitely not against it at all," she adds. "One day, I will definitely get a

lift, but I am waiting until after I have kids."

**METRO NEWS SERVICES**

**Mills' pool put on hold**

**CELEBRITY** Paul McCartney's ex-wife Heather Mills has reportedly been caught building a swimming pool in the grounds of her English home without planning permission, **IMDB.COM** reports.

Planners discovered the pool while visiting Mills' Robertsbridge, East Sussex, home to check that the former glamour model had pulled down a huge marquee she had erected illegally.

They have now ordered her to submit

an application for the pool, and if permission is denied, Mills will have to fill it in.

A local spokesperson tells the *Hastings & St. Leonards Observer* newspaper, "The marquee appears to have been dismantled. Apparently, there is a swimming pool and we have invited a planning application for it. This will then be considered in accordance with the normal planning process."

**METRO NEWS SERVICES**

**celebrity brief****Cho gets honour**

**AWARD** Comedienne Margaret Cho has been named Korean of the Year by a leading Korean-American newspaper, **IMDB.COM** reports.

The funnywoman says the accolade is extra special because of the way she was treated when she revealed she was bisexual.

**METRO NEWS SERVICES**

**Dating Diaz difficult, she says**

is "a spoiled brat," **IMDB.COM** reports.

The actress has dated a string of Hollywood stars including Matt Dillon, Jared Leto and singer Justin Timberlake.

She is now dating Jennifer Aniston's ex Paul Sculfor, and claims her selfishness often hinders long-term romances.

"It's really hard for me to

commit," Diaz says. "It's probably a lack of discipline on my part."

"Honestly, I'm just a spoiled brat who's used to getting my own way all the time! I'm sure that's what it is."

"I'm sure I'll suffer for it later, but I'm happy with it right now."

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Limited model shown

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